**NOTING PRACTICE CHECKLIST**

Participant ID: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Session/Date/Time: \_\_\_\_\_\_/\_\_\_\_\_\_/\_\_\_\_\_\_

Experimenter: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Before practice

* Participant verbalized their ‘anchor’: \_\_\_\_\_\_\_\_\_

Practice 1 (10 seconds)

* Participant did not use any content word.
* Participant paced themselves at ~1 note per second.
* Participant noted ‘thinking’ fewer than 2 times.
* Participant noted ‘hearing’ fewer than 2 times.
* Participant was able to stop ruminating (i.e., stop consecutive ‘thinking’/’hearing’).
* If all checked go to Short Story Practice; else, continue Practice 2

Practice 2 (10 seconds)

* Participant did not use any content word.
* Participant paced themselves at ~1 note per second.
* Participant noted ‘thinking’ fewer than 2 times.
* Participant noted ‘hearing’ fewer than 2 times.
* Participant was able to stop ruminating (i.e., stop consecutive ‘thinking’/’hearing’).
* If all checked go to Short Story Practice; else, continue Practice 3

Practice 3 (10 seconds)

* Participant did not use any content word.
* Participant paced themselves at 1 note per second.
* Participant noted ‘thinking’ fewer than 2 times.
* Participant noted ‘hearing’ fewer than 2 times.
* Participant was able to stop ruminating (i.e., stop consecutive ‘thinking’/’hearing’).

Short Story Practice

Baseline memory test: \_\_\_/20

Noting test 1: \_\_\_/20 Noting test 2: \_\_\_/20 Noting test 3: \_\_\_/20 Noting test 4: \_\_\_/20

STG feedback task

* Participant acknowledged they used noting strategy during task.
* If not, what did they do: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

[For enhanced session only] DMN feedback task

* Participant acknowledged they used noting strategy during task.
* If not, what did they do: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

General Notes: