**Script for Focused Awareness Task (IA\_loc\_ver3)**

“Now we’re going to start the Focused Awareness Task. As a reminder, whenever you see the small black cross, do your best to clear your mind and try not to think about anything in particular.”

“For the internal awareness trial, you would focus your attention on the sensations in a specific part of the body (heart or stomach) for the entire 10 seconds that the word appears on the screen. You might be asked to make a rating to indicate the intensity of the sensations in that particular part of the body during the preceding 10 seconds.”

“During the target detection trial, you would notice how intensely the color of the word TARGET changes. You might be asked to make a rating to indicate the intensity of that color change.”

“As a reminder, you will have 5 seconds to make your response for each of these tasks. Are you ready to begin?”