

TRAINING SESSION

Instructions

In this study, you will go through three resting scans, during which you will fixate on the crosshair and focus on whatever comes to mind. During this time, we will occasionally ask you to describe your ongoing experience throughout the scan. *Ongoing experience* refers to what you are experiencing in the moment: it can be oriented towards the external environment, your internal world, or bodily sensations. To do so, we will occasionally present a loud beep followed by questions about what was going through your mind *immediately* before hearing the beep.

Please report your thoughts just before you heard the beep -- the goal of the study is to capture your ongoing experience *in the moment* (e.g., *past 10 seconds*). We ask that you characterize the thoughts you have in the 10 seconds just before you heard the beep, not during the past hour (or beyond).

Please be as honest as possible in your response -- there are no right or wrong answers. We are interested in understanding your ongoing experience.

Please be as precise as possible when using each scale -- although it may be tempting to respond with a very rough approximation of your thoughts and sensations, please carefully select the response that most accurately describes how you felt on each scale of the response.

Now, we will provide you with some information on how to answer each question.

Description of Questions

Please describe out loud our ongoing experience.

Here, we would like you to describe out loud what you were experiencing in the 10 seconds prior to when you heard the beep. Please be as detailed in your description as you are willing to be.

For example:

- > you may respond *"I was thinking about which movie to watch on Friday night."*
- > you may respond *"I was noticing that my legs feel cold."*
- > you may respond *"I started to see two crosshair on the screen, and thought about an abstract painting I saw in the museum last weekend."*

1. How alert were you?

1=fully asleep 4=fully alert

Please rate your level of alertness at the moment.

For example:

- > you may respond *1 = fully asleep*, if the loud beep woke you from your sleep.
- > you may respond *2 = somewhat sleepy*, if you find yourself about to fall asleep.
- > you may respond *4 = fully alert*, if you are completely alert and awake.

2. Were you moving any parts of your body?

1=*Not sure* 2=*No* 4=*Yes, a lot*

Here, we ask that you report whether you had been moving any parts of your body; for example, head, fingers, arms, legs, toes?

For example:

- > you may respond 1 = *Not sure*, if you were not paying attention or cannot be sure.
- > you may respond 2 = *No*, if you were completely still.
- > you may respond 3 = *Yes, a little*, if you moved your right toes.
- > you may respond 4 = *Yes, a lot*, if you shrugged your shoulders.

3. Was your attention focused on visual elements of the environment?

1=*strongly disagree* 5=*strongly agree*

Please rate whether your attention was focused on the visual aspects of the **external** environment, including what is on the screen or beyond the screen.

For example:

- > you may respond 1 = *strongly disagree*, if you were fully absorbed in your own thoughts and did not pay attention to the visual aspects of the environment.
- > you may respond 4 = *somewhat agree*, if you were noticing a smudge on the screen from the corner of your left eye.
- > you may respond 5 = *strongly agree*, if you were completely focused on the crosshair on the screen.

4. Was your attention focused on auditory elements of the environment?

1=*strongly disagree* 5=*strongly agree*

Please rate whether your attention was focused on the auditory aspects of the **external** environment. Your response to this question need not be mutually exclusive to the previous and subsequent question. In other words, you can focus on the visual AND auditory elements of the external environment at the same time.

For example:

- > you may respond 1 = *strongly disagree*, if you were fully focused on the pain in your leg and did not pay attention to the auditory aspects of the environment.
- > you may respond 3 = *not sure*, if you didn't notice whether or not you were attending to sounds in the environment.
- > you may respond 5 = *strongly agree*, if you were completely focused on the loud noise of the scanner.

5. Was your attention focused on tactile elements of the environment?

1=*strongly disagree* 5=*strongly agree*

Please rate whether your attention was focused on the tactile aspects of the **external** environment, including bodily sensations such as pain, itch, warmth, tingling sensations or any type of movements of your body.

For example:

- > you may respond 1 = *strongly disagree*, if you were focused on your thoughts and did not pay attention to any bodily sensations or movements.
- > you may respond 2 = *somewhat disagree*, if you were mostly paying attention to the crosshair on the screen but noticed a tingling sensation on your finger.
- > you may respond 5 = *strongly agree*, if you were fully focused on the itch on your arm or your freezing toes or your headache.

6. Was your attention focused on your internal world?

1=*strongly disagree* 5=*strongly agree*

Here, we ask that you rate whether your attention was oriented towards your internal world, including your thoughts, emotions, memories, songs etc.

For example:

- > you may respond 1 = *strongly disagree*, if you were fully focused on the external environment, such as the crosshair on the screen.
- > you may respond 4 = *somewhat agree*, if you were mostly paying attention to your own thoughts, reminiscing your summer vacation, and only slightly aware of the external environment around you.
- > you may respond 5 = *strongly agree*, if you were fully absorbed in your own thoughts, feeling excited about trying a new restaurant tonight.

7. Where in time were your thoughts focused?

1=*no particular time* 2=*distant past* 3=*near past*
4=*present* 5=*near future* 6=*distant future*

Please report whether your thoughts were focused on a particular point in time, and if so whether they were focused on the distant past (>1 day), near past (<24 hours), present, near future (<24 hours) or distant future (>1 day).

For example:

- > you would respond 2 = *near past*, if you were thinking about the movie you watched yesterday night.
- > you would respond 4 = *present*, if you were thoughts were focused on the loud noise in the scanner.
- > you would respond 6 = *distant future*, if you were thinking about planning a party for your friend's birthday next month.

8. What was the modality / sensory domain of your ongoing experience?

1=exclusively in words 2=mostly in words and some in imagery

3=balanced combination of words and imagery

4=mostly in imagery and some in words 5= exclusively in imagery

We would like you to report whether your ongoing experience is primarily visual or verbal.

For example:

- > you may respond *1 or 2 = exclusively or mostly in words*, if you were contemplating a concept such as the efficacy of this country's health care system.
- > you may respond *3 = balanced combination of words and imagery*, if you were reliving a conversation with your partner, in which you recall their face and the words coming out of their mouth.
- > you may respond *4 or 5 = exclusively or mostly in imagery*, if you were reminiscing your last vacation with a vivid image of your favorite beach; or if you were focused on the crosshair on the screen.

9. What was the valence of your ongoing experience?

1=extremely negative 2=somewhat negative 3=neutral

4=somewhat positive 5= extremely positive

Please rate the valence of your ongoing experience.

For example:

- > you may respond *1 or 2 = extremely or somewhat negative*, if you were thinking about an argument you had with your family.
- > you may respond *3 = neutral*, if you were focusing on the crosshair on the screen.
- > you may respond *4 or 5 = extremely or somewhat positive*, if you were thinking about seeing the new exhibition at the local art museum next week.

10. Did your thoughts occur intentionally or unintentionally?

1=intentionally 2=unintentionally

We would like you to describe whether your thoughts occurred intentionally (i.e., on purpose and under your deliberate control), or unintentionally (i.e., spontaneously and outside of your control).

For example:

- > you would respond **1 = intentionally**, if you stayed focused on the crosshair on purpose, or if you stopped focusing on the crosshair and under your deliberate control you started to think about your parents who will be visiting soon.
- > you would respond **2 = unintentionally**, if you somehow spontaneously started to think about your last camping trip.

11. How aware were you of what you were just thinking about?

1=not aware at all 5=extremely aware

Please rate how aware you were of your ongoing thoughts. This question is specifically asking about whether you are aware of the **content** of your thoughts.

For example:

- > you would respond **1 = not aware at all**, if the loud beep caught you by surprise, and only then did you realize you had been reminiscing about that concert.
- > you would respond **5 = extremely aware**, if you are fully aware that you were thinking about the concert last weekend. Note in this case all that matters for this question is that you are aware of the content of your thoughts.