

# ***OBSERVE/REPORT***

*[part XIX of the ongoing TASK series]*

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- (1) Pick a public space [e.g., a park, a subway car, etc.];
- (2) Set a timer to any duration;
- (3) Let your attention flow naturally. Describe everything you see, hear, smell, feel, think, or taste out loud in as much detail as possible. Use a normal tone of voice at a normal speech volume. You may remain stationary or roam about. Do not try to focus on anything in particular. Comment on **how** you notice in addition to what you notice;
- (4) Stop when the timer stops;
- (5) If people have gathered around you in curiosity, explain to them what you were doing.
- (6) If you observed your attention repeatedly focusing on a particular person/place/thing, go explore it.
- (7) If you felt uncomfortable verbalizing something you noticed, explore where this discomfort came from.