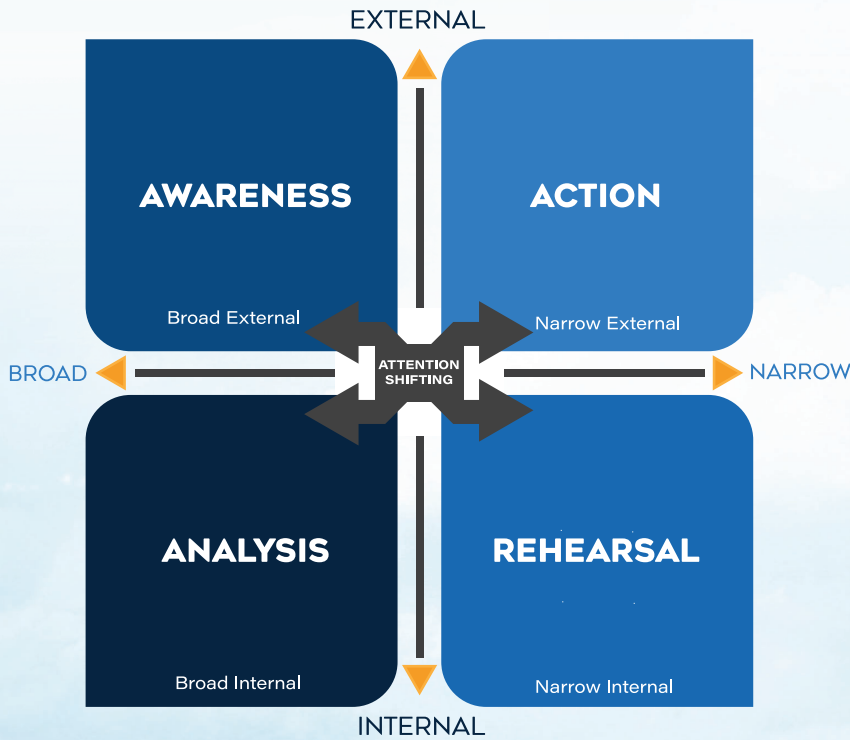




IMPROVE YOUR PERFORMANCE WITH DELIBERATE ATTENTION CONTROL

Attentional Model

Nideffer and Sharpe (1978) developed a model of attention control that shows how individuals tend to shift attention during a performance. The model has two overlapping dimensions: direction (internal-external) and width (broad-narrow), which create four "quadrants" of attention focus. The quadrants can be explained as follows:



Nideffer RM, Sharpe RC. A.C.T., Attention Control Training: How to Get Control of Your Mind Through Total Concentration, 1st ed. Wyden Books; 1978



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