

## SELF-ANALYSIS OF INTERNAL AND EXTERNAL DISTRACTIONS

**DIRECTIONS:** The purpose of the worksheet is to identify your distractions and make a personal plan to correct the problems. Use the handout entitled “Dealing with Common Internal and External Distractions” to help you fill out the table.

Internal Distractions	Check All That Apply	Describe the Problem	Plan to Correct the Problem
Boredom/Dislike			
Anxiety about Subject			
Daydreaming			
Personal Problems and Worries			
Complexity of Study Task			
Negative reactions to noise or environment (your feelings and self-talk)			
Fatigue			
Other			

External Distractions	Check All That Apply	Describe the Problem	Plan to Correct the Problem
Study Area			
Auditory Distractions			
Visual Distractions			
Workspace/Furniture			
Lighting			
Temperature			
Electronics			
Other			