



Mark Wingfield's 153 Distractions Handbook for Havening Techniques®

This handbook is designed to provide a large set of neutral and pleasant engaging distraction prompts which can be used during Havening Techniques® sessions. The prompts are organised by topic for easy access/inspiration.

As the client maintains Havening Touch® they can be encouraged to describe memories, sensory experiences, and interests to continuously engage working memory whilst the “magic” of the background electrochemical change unfolds.

How to Use This Handbook

- Use prompts to gently occupy the client's thinking brain during Havening Touch®.
- Encourage descriptive responses involving senses (sights, sounds, smells, tastes, textures).
- Follow the client's interests and allow natural conversation to develop.
- Skip any prompt that feels uncomfortable, contraindictory or irrelevant.
- Keep the atmosphere light, safe, curious, and relaxed.

If you want these to work even better as distractions, you can keep repeating one gentle follow-on after any answer: **“And what else do you notice—about the colours, sounds, textures, or smells?”**

These are designed to help develop a flowing conversation. Repeat, rotate or just ask the client “what do you love to talk about?”.

I hope you find them useful. Ideas and collaborations always of interest!

Best wishes, Mark

Nature & Outdoor Experiences (1–18)

After using one of the prompts you may wish to use a follow-on sensory prompts:

- *“And what colours do you notice there?”*
 - *“What sounds are present in that scene?”*
 - *“What’s the quality of the air or temperature like?”*
 - *“If you look around slowly, what small details catch your eye?”*
 - *“What textures are nearby—underfoot, in your hands, or in the environment?”*
1. **Can you describe your favourite beach**—what you can see around you, what the air feels like, and what sounds you notice?
 2. **Picture a beautiful sunset you’ve seen**—what colours stand out, how does the light change, and what’s happening in the scene?
 3. **Think of a tree you really like**—what does it look like up close, what texture is the bark, and how does it move in the wind?
 4. **Imagine a forest walk you enjoy**—what do you notice underfoot, in the air, and in the sounds around you?
 5. **Bring to mind a mountain view**—what details are sharp or distant, and how does the landscape feel to look at?
 6. **Describe a flower garden you love**—what colours, shapes, and scents are most noticeable?
 7. **Think of a bird you like**—what does it look like, how does it move, and what sound might it make?
 8. **Recall a sound of nature you enjoy**—where are you, what’s making the sound, and how does it affect you?
 9. **Picture a lake scene**—what is the water like (still, rippled), what reflections do you see, and what’s on the shoreline?
 10. **Imagine a waterfall**—how loud is it, what does the spray feel like, and what do you see in the water’s movement?
 11. **What season feels most pleasant to you**—what changes in light, temperature, smells, and scenery come with it?
 12. **Describe a park you like**—what paths, trees, or spaces stand out, and what can you hear there?

13. **Think of a sunrise you've enjoyed**—what colours appear first, and how does the atmosphere change minute by minute?
 14. **Imagine a cloud shape you find interesting**—what does it resemble, and how does it drift and change?
 15. **Bring to mind a wild animal you've seen (or like)**—what features do you notice, and what kind of environment suits it?
 16. **What makes your favourite beach your favourite**—what sights, textures, and sounds are part of that experience?
 17. **Recall "reaching your summit" (any kind of summit)**—what do you see from there, what's the air like, and what happens in your body as you arrive?
 18. **Picture a beautiful full moon**—what does the light look like, what shadows does it create, and what's the night like around it?
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Travel & Places (19–33)

After using one of the prompts you may wish to use a follow-on sensory prompt:

- *"As you picture being there, what do you see first?"*
 - *"What background sounds would you hear if you paused for a moment?"*
 - *"What's the lighting like—bright, soft, natural, artificial?"*
 - *"What do you notice about the space around you?"*
 - *"If you were standing still there, what details would come into focus?"*
1. **Tell me about a city you've visited**—what do you see in the streets, what sounds do you remember, and what atmosphere stands out?
 2. **Describe a place you'd love to visit**—what draws you there, and what do you imagine seeing, hearing, or tasting?
 3. **Think of a holiday destination you enjoy**—what's the first sensory detail that comes to mind (smell, warmth, colours, food)?
 4. **Imagine walking through a museum**—what rooms do you notice, what colours or textures stand out, and what feels interesting to look at?
 5. **Picture a historic town**—what are the buildings like, what do the streets feel like, and what sounds might you hear?

6. **Describe a castle**—what do you notice about the stone, the scale, the echoes, and the spaces inside?
 7. **Think of a bridge you like**—what does it look like from near and far, and what's it like to cross it?
 8. **Recall a train journey**—what do you see out the window, what sounds are inside the carriage, and what's the rhythm of the motion?
 9. **Imagine a road trip**—what's the scenery like, what music or sounds are there, and what small details do you notice along the way?
 10. **Describe a landmark you've seen**—what stands out visually, and what's the feeling of being near it?
 11. **Picture a village**—what do you notice about the pace, the sights, the smells, and the feel of the place?
 12. **Imagine a coastal town**—what can you hear from the sea, what's in the air, and what do you see along the shoreline?
 13. **Describe a market**—what colours, voices, textures, and smells are most vivid?
 14. **Think of a hotel view**—what do you see from the window, what time of day is it, and how does the scene change?
 15. **Picture an island**—what's the light like, what sounds surround you, and what does the air feel like?
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Food & Drink (34–48)

After using one of the prompts you may wish to use a follow-on sensory prompt:

- *“What do you notice about the smell before tasting?”*
 - *“How would you describe the texture—smooth, crunchy, warm, cool?”*
 - *“What flavours stand out first, and what comes after?”*
 - *“What's the temperature like as you eat or drink it?”*
 - *“How does it feel to take your time with it?”*
1. **What's a comfort food for you**—what does it smell like, taste like, and how does it feel to eat it?
 2. **Recall a favourite childhood meal**—who was there, what flavours stand out, and what's the setting like?

3. **Describe a dessert you enjoy**—what textures, temperatures, and flavours do you notice first?
4. **Think of a fruit you like**—what colour is it, what's the smell, and what's the first bite like?
5. **Describe a vegetable dish you enjoy**—what are the colours, the aromas, and the textures?
6. **Imagine a bakery treat**—what does it smell like, how does it feel in your hands, and what does it taste like?
7. **Tell me about chocolate you like**—is it smooth, crunchy, bitter, sweet, and what's the aftertaste?
8. **What's a favourite ice cream flavour**—what's the temperature, the texture, and the flavour as it melts?
9. **Describe a café drink you enjoy**—what's the aroma, the warmth/coolness, and the first sip like?
10. **Think of a homemade meal you like**—what smells fill the kitchen, and what do you notice as you taste it?
11. **Describe a soup you enjoy**—what's the warmth, the smell, and the texture like spoon by spoon?
12. **What pizza topping combination do you like**—what flavours and textures work well together for you?
13. **Describe a sandwich you enjoy**—what's the crunch, softness, flavour, and how does it feel to bite into it?
14. **What's a favourite breakfast**—what does it look like, smell like, and how does it set up your day?
15. **Picture a picnic food you enjoy**—where are you eating it, and what tastes and textures stand out?

Hobbies & Interests (49–63)

After using one of the prompts you may wish to use a follow-on sensory prompt:

- *“What do your hands notice while doing that?”*
- *“What do you see changing as you continue?”*
- *“Are there any familiar sounds that go with this activity?”*

<https://haveningmax.com/let-us-collaborate> <https://youtube.com/@havening>

- *“What materials, tools, or objects are involved?”*
 - *“What small details show you’re making progress?”*
1. **Tell me about a hobby you enjoy**—what do you do, what do you notice in the moment, and what feels satisfying?
 2. **Describe a creative activity you like**—what tools or materials are involved, and what textures or colours do you work with?
 3. **Think of a craft you enjoy**—what are the steps like, and what do you notice in your hands as you do it?
 4. **Describe a puzzle you like**—what kind is it, what do you see as it comes together, and what feels rewarding?
 5. **Tell me about a board game you enjoy**—what pieces, sounds, or moments make it fun?
 6. **What sport do you enjoy watching**—what’s the atmosphere like, what sounds stand out, and what do you notice visually?
 7. **What sport do you enjoy playing**—how does your body feel during it, and what sights/sounds are part of the experience?
 8. **Describe an instrument you like (playing or listening)**—what does it sound like, and what does the sound feel like in your body?
 9. **Tell me about a favourite photography subject**—what lighting, colours, and details draw your attention?
 10. **Describe a painting style you like**—what colours, brush textures, and moods (without needing emotion) do you notice?
 11. **Think of a DIY project**—what materials do you handle, what tools are involved, and what does progress look like?
 12. **Describe a gardening task**—what do you feel in your hands, what smells are in the air, and what do you see changing?
 13. **Tell me about something you collect**—what do the items look/feel like, and how do you like to organise them?
 14. **Describe a magazine you enjoy**—what kinds of images, layouts, or topics catch your eye?
 15. **What skill would you like to learn**—what would it look like when you’re doing it well, and what steps do you imagine?

Entertainment & Media (64–78)

After using one of the prompts you may wish to use a follow-on sensory prompt:

- *“What visual details stand out in that scene or image?”*
 - *“What sounds or voices do you notice most?”*
 - *“What’s happening in the background?”*
 - *“What colours, lighting, or movement do you remember?”*
 - *“If you replay it slowly, what else do you notice?”*
1. **Describe a film you enjoy**—what scenes, colours, or sounds are most memorable?
 2. **Tell me about a TV series you like**—what settings or visual details stand out, and what’s the general “feel” of it?
 3. **Describe a documentary you enjoyed**—what images or facts stayed with you, and what did you find interesting to watch?
 4. **Think of an actor you like**—what roles or scenes do you picture, and what visual details come to mind?
 5. **Think of an actress you like**—what performances stand out, and what moments do you remember seeing?
 6. **Describe a fictional character you like**—what do they look like, how do they move or speak, and what details define them?
 7. **Tell me about a book you enjoyed**—what scenes can you picture, and what places or textures are described?
 8. **Recall a childhood book**—what illustrations, colours, or favourite parts do you remember?
 9. **Describe a podcast you enjoy**—what kind of voices, pace, or topics keep your attention?
 10. **Tell me about a radio show you like**—what sounds, segments, or familiar details stand out?
 11. **Describe a concert you’ve enjoyed**—what did it look like, what did it sound like, and what was the atmosphere?
 12. **Think of a song you like**—what instruments do you notice, what rhythm stands out, and what does it sound like?

13. **Describe a film scene you remember**—what do you see, hear, and notice in the background details?
 14. **Tell me about a comedy moment you've enjoyed**—what's the scene, the timing, and what details make it memorable?
 15. **Describe a theatre show you've seen**—what costumes, lighting, stage design, or sounds stand out?
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Sensory Experiences (79–93)

After using one of the prompts you may wish to use a follow-on sensory prompt:

- *“Where do you notice that sensation most clearly?”*
 - *“Is it steady or changing?”*
 - *“What words best describe the texture or quality?”*
 - *“Does anything else accompany it—sound, warmth, pressure?”*
 - *“What makes this sensation pleasant or comfortable?”*
1. **What's a smell you enjoy**—where do you notice it, and what's it like as you breathe it in?
 2. **Describe a relaxing sound**—is it steady or changing, near or far, and how do you notice it in your body?
 3. **Imagine a cosy blanket**—what texture is it, how heavy is it, and what's it like against your skin?
 4. **Describe a warm drink you like**—what's the aroma, the warmth in your hands, and the taste?
 5. **Picture a comfortable chair**—what supports you, what fabric is it, and how do you settle into it?
 6. **Think of a clothing fabric you like**—what does it feel like, and when do you most enjoy wearing it?
 7. **Describe a candle scent you like**—what notes do you notice first, and what kind of room does it suit?
 8. **Recall a spa experience (or spa-like moment)**—what sounds, smells, and sensations stand out?

9. **Imagine a bath scent you enjoy**—what does the water feel like, and what aroma fills the space?
 10. **Describe a texture you find pleasant**—smooth, soft, cool, warm—what exactly makes it pleasing?
 11. **What's a morning sound you like**—birds, kettle, quiet—what do you notice about it?
 12. **Describe an evening atmosphere you enjoy**—lighting, temperature, sounds—what's present?
 13. **Think of a calming colour**—where do you like seeing it, and what shades or tones are most appealing?
 14. **Picture a quiet room**—what do you see in it, what's the light like, and what sounds (if any) are there?
 15. **Describe soft music you like**—what instruments, tempo, and volume create that softness?
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Positive Memories (94–108)

After using one of the prompts you may wish to use a follow-on sensory prompt:

- *“What was happening around you at the same time?”*
 - *“What do you remember seeing in that moment?”*
 - *“Were there any particular sounds or smells present?”*
 - *“What small detail makes that memory clearer?”*
 - *“If you pause there, what else do you notice?”*
1. **Recall a birthday memory you like**—what did you see, hear, smell, or taste in that moment?
 2. **Describe a celebration you enjoyed**—what was the setting, what sounds were there, and what details stand out?
 3. **Think of an achievement**—what happened around you, what did you notice physically, and what was the scene like?
 4. **Picture a holiday you enjoyed**—what colours, weather, smells, and places come to mind?
 5. **Describe a family gathering (pleasant/neutral)**—what food, sounds, and small details do you remember?

6. **Recall a childhood game**—where were you, what objects were involved, and what was it like to play?
 7. **Think of a teacher you remember positively/clearly**—what classroom details do you picture, and what do you recall hearing?
 8. **Describe a school memory you don't mind revisiting**—what did the place look like, and what sounds were common there?
 9. **Recall a laugh with friends**—where were you, what was happening, and what details make it vivid?
 10. **Describe a pleasant surprise**—what was the setting, and what did you notice first when it happened?
 11. **Think of a compliment you received**—where were you, and what do you recall about the moment?
 12. **Describe a proud moment**—what did you see around you, and what felt different in your body at the time?
 13. **Recall a kindness you received**—what happened, and what small details do you remember about that moment?
 14. **Recall a kindness you gave**—what did you do, and what details of the setting do you remember?
 15. **Describe a happy day**—what were the sounds, colours, and moments that made it stand out?
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Curiosity Questions (109–123)

After using one of the prompts you may wish to use a follow-on sensory prompt:

- *“What details help you picture that more clearly?”*
 - *“What’s nearby in that scene?”*
 - *“What do you notice first, and then next?”*
 - *“If you look around, what else is present?”*
 - *“What makes that interesting to notice?”*
1. **What’s a favourite colour combination**—where do you like seeing it, and what shades work well together?

2. **Think of an animal you've seen**—what did it look like, how did it move, and where was it?
3. **Describe a childhood toy**—what did it look/feel like, and how did you use it?
4. **Tell me about a holiday tradition**—what sights, smells, foods, or sounds are part of it?
5. **Describe a place you relax**—what makes it restful in terms of light, sound, comfort, and space?
6. **What's a nice way to spend Sunday for you**—what would you do, and what would you notice along the way?
7. **Describe a quiet hobby**—what do your hands do, and what do you notice as you do it?
8. **What's a simple pleasure**—what makes it pleasant in a sensory way (taste, warmth, texture, sound)?
9. **Picture a park bench**—where is it, what can you see from it, and what sounds are nearby?
10. **Describe a rainy day activity you enjoy**—what does the rain sound like, and what's the cosy part of the activity?
11. **Describe a sunny day activity**—what's the light like, the temperature, and what do you enjoy doing?
12. **Tell me about a comfort routine**—what are the steps, and what sensory cues make it comforting?
13. **Describe an evening ritual**—what time is it, what lighting/sounds are there, and what do you do?
14. **Describe a morning ritual**—what happens first, what do you notice, and what sets the tone?
15. **What's a favourite smell from childhood**—where would you notice it, and what details come with it?

Daily Life & Simple Pleasures (124–138)

After using one of the prompts you may wish to use a follow-on sensory prompt:

- *“What time of day is it, and what's the light like?”*
- *“What sounds usually accompany that moment?”*

- *“What textures or physical sensations are part of it?”*
 - *“What makes this moment feel settled or easy?”*
 - *“What small detail completes it for you?”*
1. **Describe your morning drink**—what’s the smell, temperature, and first sip like?
 2. **What’s your favourite breakfast**—what textures and flavours stand out, and how do you like it served?
 3. **Describe an afternoon break you enjoy**—where are you, what do you do, and what do you notice?
 4. **Tell me about an evening routine**—what helps you wind down, and what sensory details are part of it?
 5. **Describe a local café you like**—what’s the atmosphere, what sounds are there, and what do you like ordering?
 6. **Tell me about a favourite walk**—what route, what do you see, and what do you notice in the air and sounds?
 7. **Describe your reading spot**—what’s the lighting, seating, and background sound like?
 8. **What music do you like while relaxing**—what tempo/instruments, and what does it feel like in the space?
 9. **Describe comfortable clothing**—what fabric, fit, and sensations make it comfortable?
 10. **What’s a home scent you like**—fresh laundry, cooking, candles—what is it, and where do you notice it?
 11. **Describe a weekend activity you enjoy**—what’s the setting, and what do you notice while doing it?
 12. **Tell me about a local park you like**—what areas do you enjoy, and what sounds and sights are there?
 13. **Describe a quiet moment you appreciate**—where are you, what’s the atmosphere, and what do you notice?
 14. **Tell me about a garden activity**—planting, watering, pruning—what do you feel in your hands and what do you see change?
 15. **What’s a favourite snack**—what flavours/textures do you like, and when do you most enjoy it?

Imagined Pleasant Scenarios (139–153)

After using one of the prompts you may wish to use a follow-on sensory prompt:

- *“If you imagine yourself there, where are you positioned?”*
 - *“What do you see when you look slightly left or right?”*
 - *“What sounds fill the background?”*
 - *“What’s the temperature or air like?”*
 - *“What small detail makes the scene feel complete?”*
1. **Imagine your ideal beach day**—what’s the weather, what do you see, and what sounds surround you?
 2. **Picture a perfect picnic**—where are you sitting, what food is there, and what can you hear nearby?
 3. **Imagine a dream garden**—what plants, colours, scents, and textures are in it?
 4. **Picture a cosy cabin**—what does it smell like, what textures are around you, and what sounds do you hear?
 5. **Imagine a peaceful lakeside**—what’s the water like, what reflections do you see, and what’s the air like?
 6. **Picture a mountain sunrise**—what colours appear, what’s the temperature, and what do you notice first?
 7. **Imagine a relaxing spa day**—what sounds, scents, warmth, and textures are part of it?
 8. **Picture your ideal holiday**—where are you, what do you do, and what sensory details are most vivid?
 9. **Imagine your perfect Sunday**—how does the day unfold, and what do you notice throughout it?
 10. **Picture a quiet library**—what’s the lighting, the smell of books, and the sounds in the space?
 11. **Imagine a sunny meadow**—what flowers and colours do you see, what’s underfoot, and what’s in the breeze?

12. **Picture a starlit night**—what does the sky look like, what sounds are around you, and what's the air like?
13. **Imagine a calm boat ride**—what's the motion like, what do you see on the water, and what sounds do you hear?
14. **Picture a gentle countryside walk**—what's the path like, what do you see in the distance, and what's the air like?
15. **Imagine a perfect café visit**—what drink/food do you choose, what's the atmosphere, and what do you notice around you?