|  |  |  |  |
| --- | --- | --- | --- |
|  | **Theory input topic** | **Imagination exercise topic** | **Diary keeping topic (homework)** |
| **Week 1** | Inner and outside world, EETIRO\* elements, garden metaphor | Looking at the perimeters of the inner world from outside | Was there a moment today that had something to do with your self-boundary? |
| **Week 2** | Functions of the mental self-boundary | Looking at the perimeters from outside together with somebody else ), adapting the self-boundary | Self-perception from the outside world (meta-position) |
| **Week 3** | Mindful interoception, mindful perception of the outside world | Entering one's own inner world from outside, looking outside from within, denying someone access to one’s own inner world (saying no) | How and in what situation have you said “no” today? |
| **Week 4** | Mindful perception of the inner world of another person, resonance, compassion | Looking mindfully inwards from within | Conscious, bodily perception of an emotion |
| **Week 5** | Location of attention in the outside world, development of this ability | Giving someone else something nice from one’s inner world. Leaving the inner world and asking to enter another person's inner world | Mindful perception of another person (from within) |
| **Week 6** | Various qualities of being dissociated | Assigning a new, favourable place in one’s own inner world to one’s own unpleasant emotions, experiences and images | Conscious perception of being dissociated (being in the outside world with one's attention) |
| **Week 7** | Being with the attention in the intrapersonal world of the other, empathy | The participant is free to choose one of the 6 exercises each day |  |

Table 2: Overview of the theory inputs, imagination exercises and homework in SBAT. \*Note: EETIRO stands for emotions, experience, tasks, images, responsibility and opinions (beliefs).