Supplementary table 1: The number of shifts in awareness for each of the D-DACS codes and the total duration of time spent on each category.

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Depth | | Duration | Client 1 | | Client 2 | | Client 3 | | Total | |
| Shifts | duration | Shifts | duration | Shifts | duration | Shifts | duration |
| Present moment | | Fleeting | 3 | 0:00:37 | 0 | - | 3 | 0:00:15 | 6 | 0:00:52 |
| Sustained | 1 | 0:00:17 | 2 | 0:02:27 | 4 | 0:03:18 | 8 | 0:06:02 |
| Reorganisation | 0 | - | 1 | 0:00:24 | 5 | 0:00:38 | 6 | 0:01:02 |
| Arbitrary Control | | Fleeting | 0 | - | 2 | 0:00:38 | 0 | - | 2 | 0:00:38 |
| Sustained | 1 | 0:01:50 | 2 | 0:00:52 | 8 | 0:10:11 | 10 | 0:12:53 |
| Reorganisation | 4 | 0:05:18 | 1 | 0:01:54 | 2 | 0:00:41 | 7 | 0:07:53 |
| Conflict | | Fleeting | 1 | 0:00:23 | 1 | 0:00:14 | 1 | 0:00:38 | 3 | 0:01:15 |
| Sustained | 4 | 0:05:38 | 1 | 0:00:34 | 7 | 0:08:43 | 12 | 0:14:55 |
| Reorganisation | 3 | 0:03:37 | 1 | 0:00:34 | 6 | 0:05:52 | 10 | 0:10:03 |
| Higher Order Goals | | Fleeting | 1 | 0:00:20 | 0 | - | 1 | 0:00:14 | 2 | 0:00:34 |
| Sustained | 0 | - | 0 | - | 3 | 0:01:30 | 3 | 0:01:30 |
| Reorganisation | 3 | 0:02:47 | 1 | 0:00:12 | 6 | 0:04:44 | 10 | 0:07:43 |
| Total |  | | 21 | 0:20:47 | 12 | 0:07:49 | 46 | 0:36:44 | 79 | 1:05:20 |