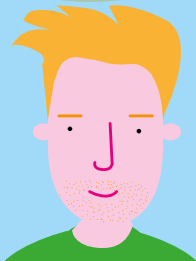


Memory Aid

ACT

POCKET
THERAPY
AID

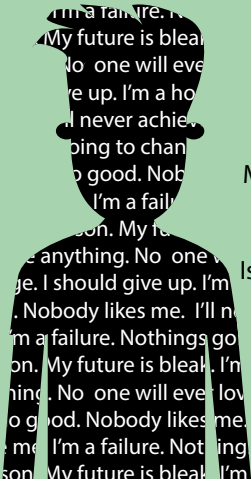


Notice the thought



Say "I'm getting the thought that ..."

Remember it's just a thought.



I am not my thoughts

My thoughts aren't always true

Is it helpful to listen to this thought?





Friends

Work

Connect with
my Values:

Family



What is really
important to me?

What direction do I
want to head in?

My values ...



BREATHE

Breathe into the feeling,
don't run from it



Drop the rope

Drop the struggle

it might just be making
things worse





Not
accepting
pain
turns into
suffering

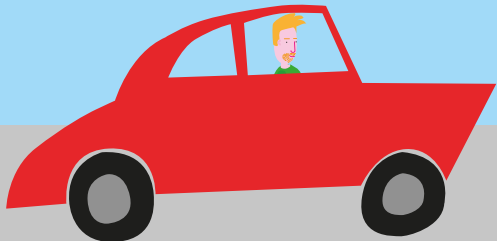
Pain is
inevitable
suffering
is optional

Things I struggle with ...

Can I drop the rope?

Is doing this taking me closer to the life I really want?

Is this helping me be the person I want to be?



I can have my difficulties
with me and still live in line
with my values



Beware the passengers on the bus: They may be saying where to drive but I don't have to listen to them!



What are my passengers saying?

Do I have to listen to them?

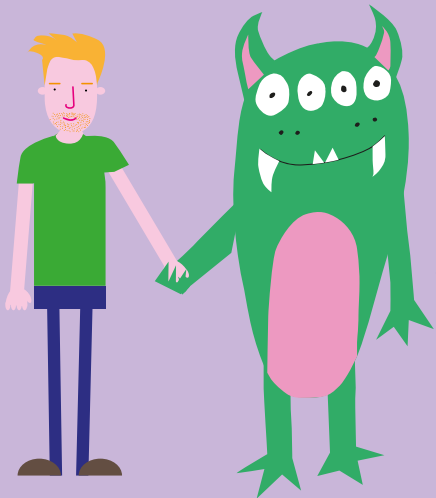
Think about my values

It's my birthday party ...
people make speeches
about me, what
would I want
them to say?

I inherit
millions: what
would I do
with it?



My birthday speech ...



I can't get rid
of my fears ...
But I can learn
to live with them

Acceptance

Is NOT:

Grinning and bearing it

Surrendering

Putting up with it

Getting over it'

Forgiving

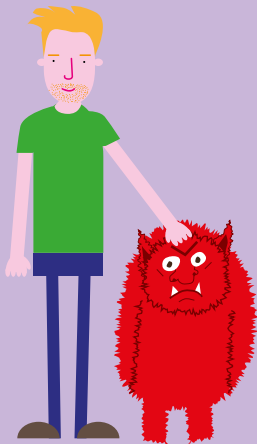
Liking it

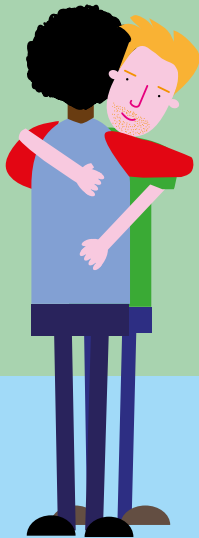


Acceptance Is:

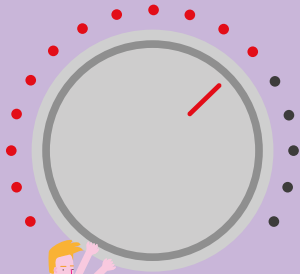
I can accept something even
if I don't approve of it

Expand around it
Let go of struggling with it
Stop fighting with it
Making peace with it
Letting it be





Would I rather never be anxious but be unable to be in a relationship or be able to have relationships but I still sometimes get anxious?



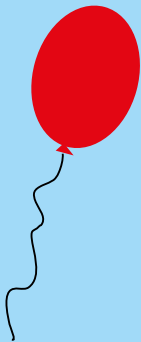
Turn down the struggle dial.

Replace BUT with AND

What am I willing to accept

Can I let it go?

Let it go



Defusion

Look at my thoughts rather than see the world through my thoughts

Noticing thoughts rather than getting caught up in them

Being able to let thoughts go



What thoughts am I fused with

Metaphors for the mind



A master
storyteller



Radio "doom
and gloom"



A reason-
giving machine



A fascist
dictator



A judgement
factory

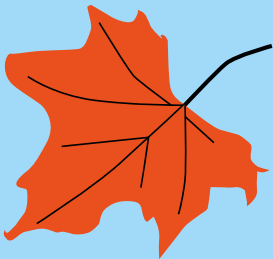
Defusion Exercises

Imagine my thoughts
as leaves floating
down the stream

Say it over and
over very fast

Say it in a silly voice

Sing it in
different
musical
styles



From FEAR to DARE

F = fusion

E = excessive goals

A = avoidance of discomfort

R = remoteness from values

D = defusion

A = acceptance of discomfort

R = realistic goals

E = embracing values



Mind Full or Mindful?

Mindfulness Exercises:

Body Scan

Mindfulness of breath

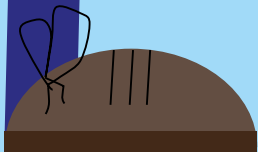
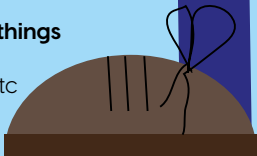
Daily mindfulness: brush my
teeth or drink tea mindfully

Mindfulness of my hand

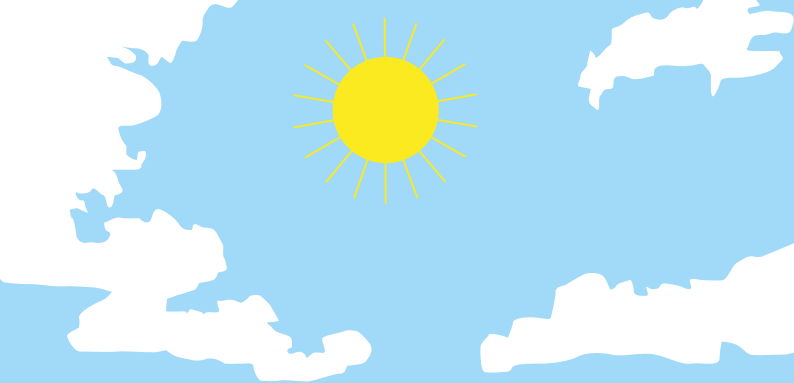
Dropping anchor: put my
feet on the floor notice them
there etc ...

Notice Five things

I can see,
hear, smell etc



My favourite mindfulness exercises ...



Connect with your Observing Self:

The sky which changes whatever the weather,
the chessboard which stays the same despite
the chess pieces changing

Other resources:

www.actmindfully.co.au

Solent nhs mindfulness everyday <https://www.youtube.com/playlist?list=PLFbeQITqQPGTLAmNgKs0s-rX9Vau7mctFf>

thehappinesstrap.com

getselfhelp.co.uk/act

The Happiness Trap (book; by Dr Russ Harris)

App: ACT Companion

Created by
Bethany Wood
workplaycreate.co.uk