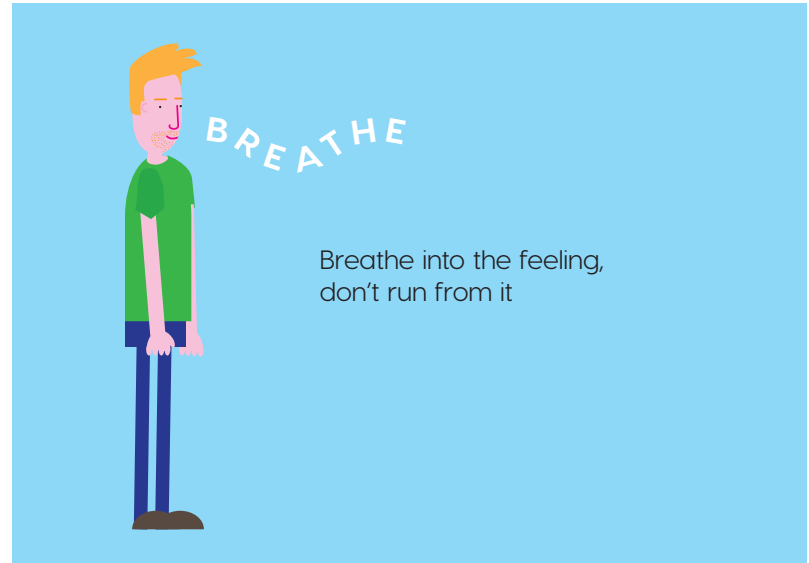


My values ...



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?

The Life You Want

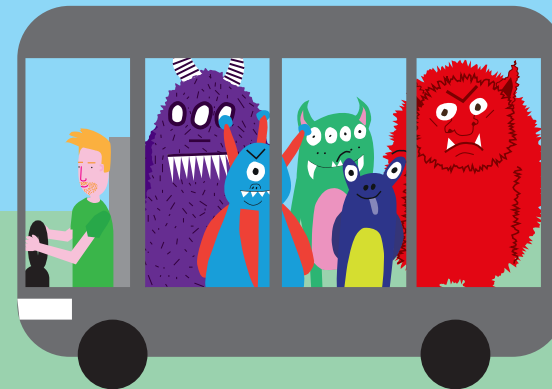


I can have my difficulties with me and still live in line with my values

Valued Direction



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?

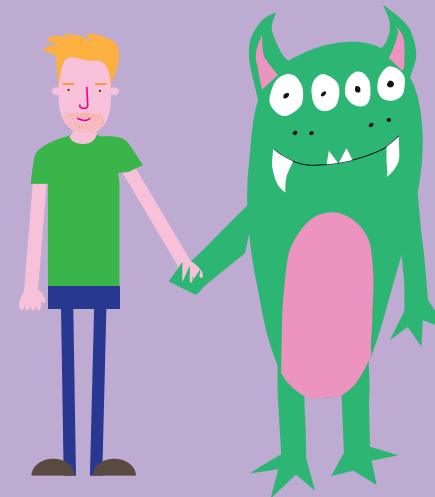
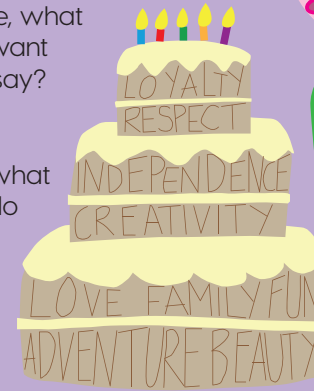
Do I have to listen to them?

My birthday speech ...

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?



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

Acceptance

Is NOT:

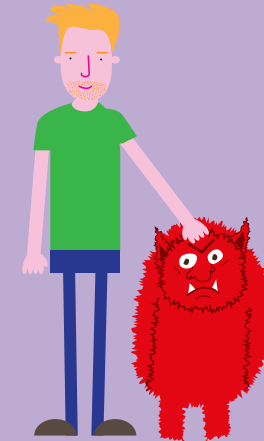
- Grinning and bearing it
- Surrendering
- Putting up with it
- Getting over it'
- Forgiving
- Liking it



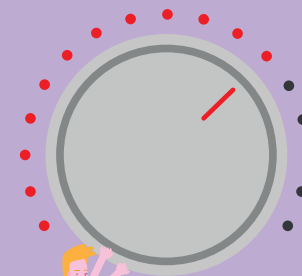
Acceptance is:

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?



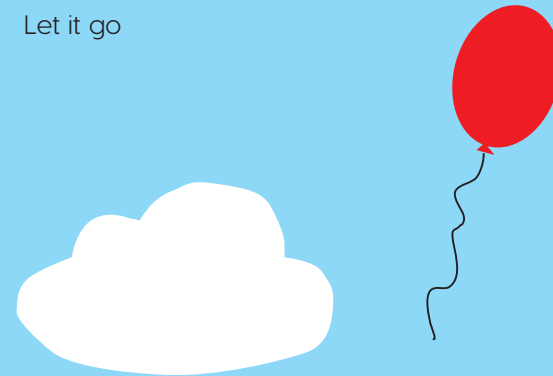
Turn down the struggle dial.

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

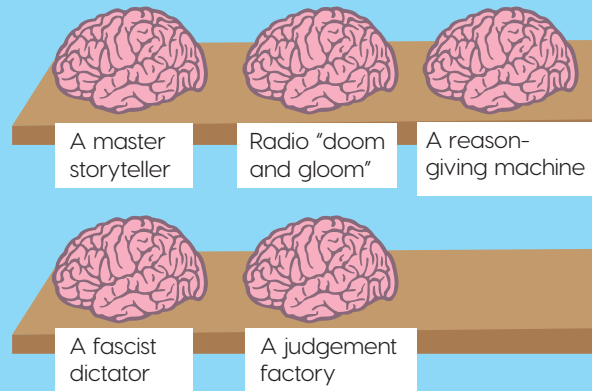
Noticing thoughts rather than getting caught up in them

Being able to let thoughts go



What thoughts am I fused with

Metaphors for the mind



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



Mindfulness Exercises:

Body Scan
Mindfulness of breath
Daily mindfulness: brush my teeth or drink tea mindfully
Mindfulness of my hand

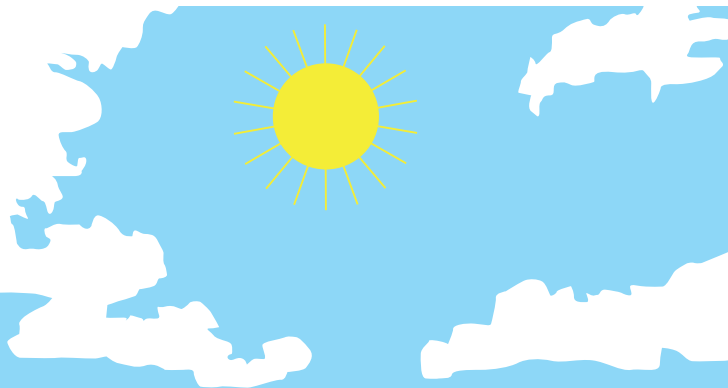
Dropping anchor: put my feet on the floor notice them there etc ...

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=PLFbeQITqQPGLAmNgKs0s-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