

Moving Forward: Week 5

Putting It All Together

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- Mindfulness Exercise - debrief
- Homework review – Goal-setting/committed action
- Revisiting Day 1 worksheet
- Psychological Flexibility – The Triflex
- Moving forward from here: Identifying next steps
- Resources

Mindfulness Exercise

Homework Review – SMART goals and Willingness and Action Plan

Revisiting Day 1 Worksheet

TRIFLEX

Be Present

Psychological
Flexibility

Open Up

Do what
Matters

Moving Forward From Here

The journey of 1000 miles begins with a single step

**Identifying Next Steps, using SMART
Goals, Willingness and Action Plan,
Psychological Flexibility.**

Congratulations on completing the Moving Forward group!

To continue moving forward requires
PRACTICE, PRACTICE, PRACTICE of

- Being present (Mindfulness)
- Noticing thoughts, feelings, physical sensations
 - Unhooking / Defusing
 - Taking value-guided action

ACT Resources

- Forsythe, John & Eifert, Georg. (2007). The Mindfulness & Acceptance Workbook for Anxiety. New Harbinger.
- Harris, Russ. The Happiness Trap. (2013).
- Harris, Russ. ACT With Love. (2009).
- Harris, Russ. The Confidence Gap. (2011).
- Harris, Russ. The Reality Slap. (2012)
- Hayes, Steven. (2005). Get Out of Your Mind and Into Your Life. (2005)
- Lejeune, Chad. (2007). The Worry Trap; How to Free Yourself from Worry & Anxiety Using ACT.
- Strosahl, Kirk & Robinson, Patricia. (2008). The Mindfulness & Acceptance Workbook for Depression.
- Apps: Actcompanion.com, ACT Coach, Mindshift.
- **NEW Ideas.Ted.Com/5 effective exercises to help you stop believing your unwanted automatic thoughts**
- **NEW Thegoodproject.org/toolkits --- value sorting activity**