

HANDOUTS – MF Week 5 of 5 week

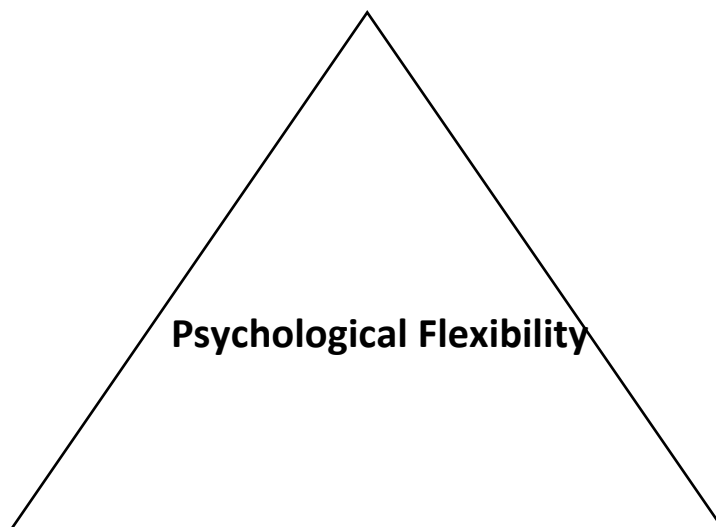
HANDOUT WK 5-1 (Available at - Russ Harris 2009 – Act Made Simple; Adapted from “Brief Interventions for Radical Change’ by Strosahl et al).

Being Present:

Able to engage fully in here-and-now experience? Ability for task-focused attention?

Aware of own thoughts and feelings? Able to empathize?
Able to take perspective on self-and self-story.

Today: 0-10 (10 being strongest)_____



Opening Up:

Able to notice hooks? Able to separate, unhook, detach from thoughts and feelings?

Able to open up & make room for thoughts and feelings, and allow them to freely flow?

Today: 0-10 (10 being strongest)_____

Doing What Matters:

Able to be clear about your core values & what actions display those values?

Able to take and sustain values-guided actions in different areas of my life?

Able to set goals? Sufficient skills to achieve goals?

Today: 0-10 (10 being strongest)_____

HANDOUT WK 5-2

**WHAT TO DO:**

Moving Forward Group Skills: ACT based group that utilizes mindfulness, experiential exercises to help patients respond differently to barriers in their life.

- Noticing my internal thoughts, emotions, sensations, urges, and external behaviour
- Awareness of my personal values
- Making distinctions between internal and external experiences, and movement that is away from or toward my personal values
- Noticing what hooks me/what I am fused with, what I want to get rid of, what efforts I make, how does it work and what is costs me
- Mindfulness: during day to day activities, and meditation practices
- De-fusion strategies: noticing, naming, stepping back/making space, unhooking/letting go of control over internal experiences without letting them control your actions.
- Grounding exercises: STOP, ten breaths, drop anchor, notice 5 things
- Self-compassion (when I open up to difficult thoughts/feeling I am compassionate with them)
- Setting goals
- Psychological flexibility: be present, open up, do what matters

(Kevin L. Polk, Ph.D.- The Act Matrix Academy, 2020 - www.theactmatrixacademy.com).

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