

**Moving Forward  
Welcome!**



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**Housekeeping Items**



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**Introductions *Plus*  
What I'd like to Get Rid of**



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## Week 1 Agenda

- Learning objectives
- An introduction to ACT
- The Choice Point frame work for Moving Forward
- More on Mindfulness
- Clarify your values



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## Learning Objectives

1. Add skills to your Self Management Tracker/Plan
2. To gain awareness of how you make decisions in your life, understanding what hooks you / gets you stuck.
3. To help you learn psychological skills that will help you self-manage chronic pain, painful thoughts, feelings, and experiences in such a way that they have less influence over your life.

**So you can Move Forward!**



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## Act in a Nutshell



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### The Choice Point

**Behaviours that reduce unwanted mental experiences that cost us.**

- Isolating, Pulling Away, Avoiding
- Perfectionistic behaviours
- Over-planning and control strategies
- Distraction behaviours
- Lashing out
- Avoiding, isolating
- Substances, risky behaviours
- Others- shopping, eating, etc

**Value Based Behaviours (Lead to Rich Meaningful life)**

- Attending to family /friend relationships
- Taking Care of our health
- Doing something meaningful/creative

**Choice Point**

**Hooks or Unwanted AUTOMATIC Mental Experiences**

- Uncomfortable body sensations (ie: Pain)
- Troublesome thoughts
- Unpleasant emotions
- Powerful urges
- Painful memories

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### To Unhook (Defusion) – 3 Things

1. Notice without judgment (mindfulness)
2. Unhook/Defuse/Open up
3. Take Value based Committed Action

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### Mindfulness Defined

- Paying attention in a particular way: on purpose, in the present moment, without judgement (Kabat-Zinn)
- Consciously bringing awareness to you're here-and-now experience, with openness, interest, and receptiveness (Harris)

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## Clarify Your Values

- Work/Education
- Relationships
- Personal Growth/Health
- Leisure



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## Week 1: Key Points

1. Pain, physical and emotional is part of the human experience. But sometimes they hook us.
2. It is possible to move forward in life even with pain. We will discuss more strategies in the coming weeks.
3. Mindfulness, or non judgemental noticing can help us notice where we're at and allow us time and space to make better decisions.
4. Values are Key in giving us direction



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## Week 1: Homework

1. Keep the Choice point in mind, as you move through your days, consider the What I want to get rid of Worksheet and add to it if you'd like.
2. **Notice** when you are 'in your head' (mental experiencing) and when you are connecting with the world by seeing, hearing, touching, etc. Note specific examples, and the differences.
3. **Notice** times when you are moving toward your values or away from (unwanted internal experiences). Note specific examples, and the differences.
4. Refer to Clarifying Your Values sheet if needed



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## See You Next Week!

- We'll practice mindfulness a mindfulness meditation
- We'll review the 'choice point'
- Learn more skills of Unhooking/Defusion (we'll explain next week) from negative thoughts.



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