

## **HANDOUTS – MOVING FORWARD Week 2/5 week**



HANDOUT WK2

EXERCISE: WHAT I CAN AND CANNOT CONTROL

<p>1. What someone else is thinking</p> <p>2. How nervous I get, or how I feel at any point</p> <p>3. How I respond to other people (eg: what I say and do)</p> <p>4. What other people value and care about</p> <p>5. Worries/thoughts I have from time to time</p> <p>6. The direction I want my life to take</p>	<p>7. How others respond to my choices, my expressed thoughts, feelings &amp; actions</p> <p>8. The choices other people make</p> <p>9. How often the same thought or images come back into my mind</p> <p>10. How I respond to my thoughts and feelings (positive or negative) e g Anxious, Angry, Feel Happy, Fall in love</p>	<p>11. Other people following rules or standards</p> <p>12. Whether I follow certain rules or standards and commitments</p> <p>13. Other people liking me.</p> <p>14. If I prepare for tasks and do my best</p> <p>15. What I do with my precious time on this earth</p>
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## HANDOUT WK 2 : Summary of DE fusion Techniques

ACT Made Simple

### PRAGMATISM

If you go along with that thought, buy into it, and let it control you, where does that leave you? What do you get for buying into it?

Where do you go from here? Can you give it a go anyway, even though your mind says it won't work?

### INTERESTED

That's an interesting thought.

### MEDITATIVE

Let your thoughts come and go like: passing clouds; cars driving past your house; etc.

### YOUR MIND IS LIKE ....

- a " don't get killed" machine
- a Word machine
- radio "doom and gloom"
- a masterful salesman
- the world's greatest storyteller
- a fascist dictator
- a judgment factory

### BULLYING REFRAME

What's it like to be pushed around by that thought/belief/idea? Do you want to have it run your life, tell you what to do all the time?

### PROBLEM SOLVING

This is just your mind problem solving. You're in pain, so your mind tries to figure out a way to stop the pain. Your mind evolved to solve problems. This is its job. It's not defective; it's doing what it evolved to do. But some of those solutions are not very effective. Your job is to assess whether your mind's solutions are effective: do they give you a rich and full life in the long run?

### WORKABILITY

If you let that thought dictate what you do, how does it work in the long run? Does buying into it help you create a rich, full, and meaningful life?

### SECONDARY GAINS

When this thought shows up, if you take it at face value/go along with it/let it tell you what to do, what feelings, thoughts, or situations might it help you avoid or escape from (in the short run)?

### FORM AND LOCATION

What does that thought look like? How big is it? What does it sound like? Your voice or someone else's? Close your eyes and tell me, where is it located in space? Is it moving or still? If moving, in what direction and at what speed?

### COMPUTER SCREEN

Imagine this thought on a computer screen. Change the font, color, and format. Animate the words. Add in a bouncing ball.

### INSIGHT

When you buy into this thought, or give it all your attention, how does your behavior change? What do you start or stop doing when it shows up?

### NAMING THE STORY

If all these thoughts and feelings were put into a book or movie, titled "the *something something* story, " what would you call it? Each time this story shows up, name it: "Aha, there's the *XYZ* story again!"

### NOTICING:

Notice what your mind is telling you right now. Notice what you're thinking.

### THE OBSERVING SELF

Take a step back and look at this thought from your observing self.

## THOUGHTS

### THE CLASSICS

I'm having the thought that ... Say it in a silly voice.  
Sing it.  
Say it very slowly.  
Repeat it quickly over and over. Write thoughts on cards.  
Passengers on the Bus Metaphor.  
Thank your mind for that thought.  
Who's talking here: you or your mind?  
Leaves on a Stream Exercise. How old is that story?

**HANDOUT WK 2      Getting Hooked Worksheet**

In ACT, we talk colloquially of being “hooked by your mind” or “hooked by thoughts” – by which we mean you get all caught up in your thoughts and they exert a strong influence over your actions. In what situations does your mind manage to hook you? What sort of things does it say in order to hook you? How do you manage to unhook yourself?

Date/time Triggering Events of Situation	What did your mind say or do to hook you?	How did your behavior change when you got hooked? What did those actions cost you?	Did you manage to unhook yourself? If so how?