

# **HANDOUTS – MOVING FORWARD Week5/5 week**

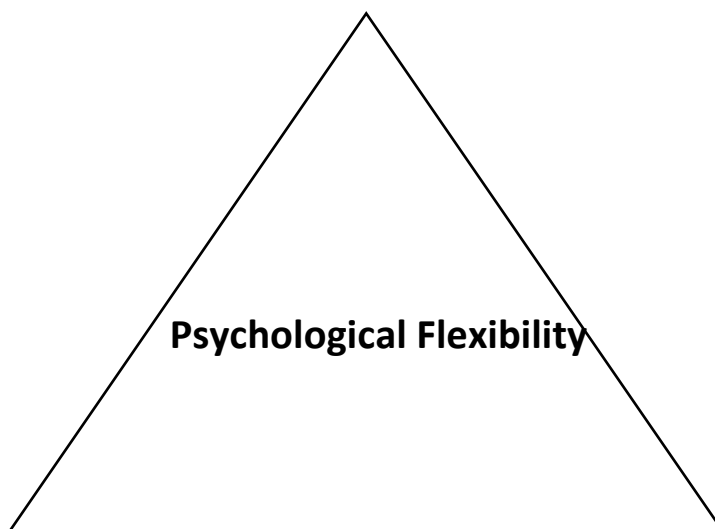
**HANDOUT WK 5** (Available at - Russ Harris 2009 – Act Made Simple; Adapted from “Brief Interventions for Radical Change’ by Strosahl et al).

### **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: overall 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?

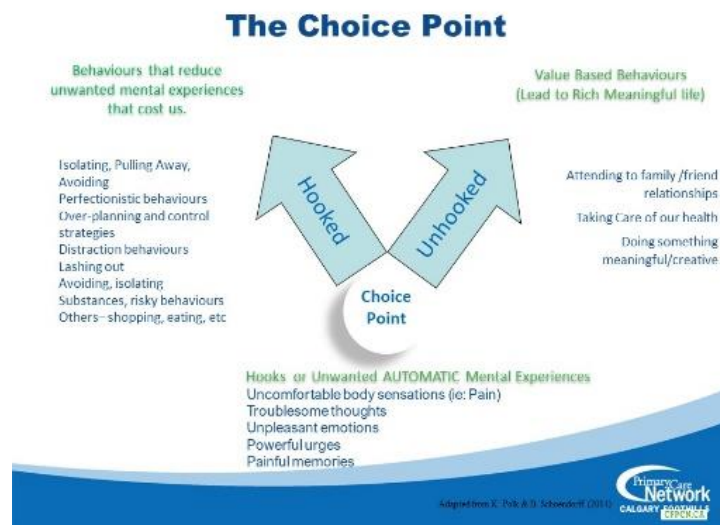
Today: 0-10 ( 10 being strongest)\_\_\_\_\_

## HANDOUT WK 5

## Self Management Plan Skills

**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 as a decision making factor
- 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 it costs me
- Mindfulness: during day to day activities, and meditation practices
- De-fusion/Unhooking 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 Value based committed action goals and learning how to follow through and overcome barriers.
- Psychological flexibility: be present, open up, do what matters



## 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