

**Moving Forward:  
Week 5**

**Putting It All Together**



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**Putting It All Together**

- Mindfulness Exercise - debrief
- Homework review – Goal-setting/committed action
- Revisiting Day 1 What I'd Like to Get Rid of worksheet – Hopes for the Class
- Psychological Flexibility – The Triflex
- Moving forward from here: Identifying next steps
- Resources



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**Mindfulness Exercise**



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**Homework Review – SMART goals and Willingness and Action Plan**



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**Revisiting Day 1 What I'd Like to Get Rid of Worksheet and Goals**



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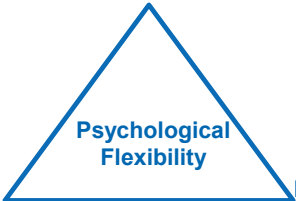
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**TRIFLEX**  
Be Present



Open Up      Do what Matters

**Psychological Flexibility**



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**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.**



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**Congratulations on completing the Moving Forward group!**

To continue moving forward requires  
PRACTICE, PRACTICE, PRACTICE of

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



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**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



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