

# HANDOUTS – MF Week 4 of 4 week

## HANDOUT WK 4 – 1 - CLARIFYING YOUR VALUES + BULLSEYE EXERCISE

**THE BULL’S EYE:** (Lundgren, T., Luoma, J. B., Dahl, J., Strosahl, K., & Melin, L. (2012). The Bulls-Eye Values Survey: A Psychometric Evaluation. *Cognitive and Behavioral Practice*, 19(4), 518–526.)

The homework divided into four important domains of life: work/education, leisure, relationships and personal growth/health. To begin with, please write down your values in these 4 areas of life. Not everyone has the same values, and this is not a test to see whether you have the ‘correct’ ones. Think in terms of general life directions rather than in terms of specific goals. Also, you may use the words ‘to be’ in front of it this may help you identify a values vs a goal. A goal is something you ‘do’. There may be some overlap (eg if you value studying psychology, that may come under both Education and Personal Growth. Write down what you would value if there were nothing in your way, nothing stopping you. What’s important? What do you care about? And what you would like to work towards? Your values should not be a specific goal but instead reflect a way you would like to live your life over time. For example, to accompany your son to a football game might be goal; to be an involved and interested parent might be the underlying value. NOTE: make sure they are YOUR values, not someone else’s. It is your personal values that are important!

1. **Work/Education** refers to your workplace & career, education and knowledge, skills development. This may include volunteering and other forms of unpaid work). How do you want to **be** towards your clients, customers, colleagues, employees, fellow worker? What personal qualities do you want to bring to your work? What skills do you want to develop? \_\_\_\_\_

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2. **Relationships:** refers to intimacy, closeness, friendship, and bonding in your life: it includes relationships with your partner, children, parents, relatives, friends, co-workers, and other social contacts. What sort of relationships do you want to build? How do you want to **be** in these relationships? What personal qualities do you want to develop? \_\_\_\_\_

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3. **Personal Growth/Health** refers to your ongoing development as a human being. This may include organized religion, personal expressions of spirituality, creativity, developing life skills, meditation, yoga, getting out into nature, exercise, nutrition, and addressing health risk factors? \_\_\_\_\_

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4. **Leisure:** refers to how you play, relax, stimulate, or enjoy yourself; your hobbies or other activities for rest, recreation, fun and creativity.

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**YOUR VALUES:** What really matters to you, deep in your heart? What do you want to do with your time on this planet? What sort of person do you want to be? What personal strengths or qualities do you want to develop? Refer back to the Clarify Your Values work we did in Session 1

**1. Work/Education:** Includes workplace, career, education, skills development, etc.

**2. Relationships:** Includes your partner, children, parents, relatives, friends, co-workers, and other social contacts.

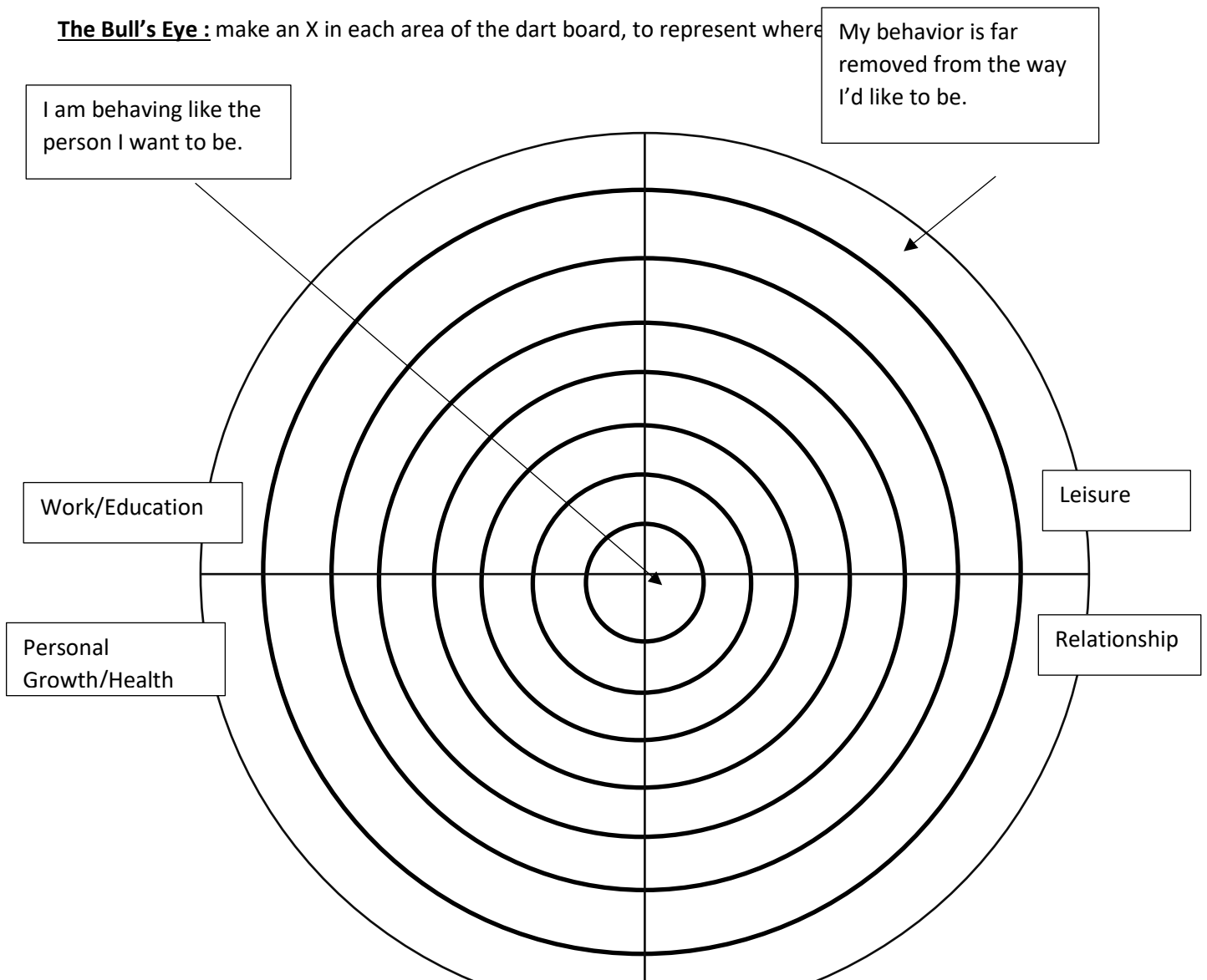
**3. Personal Growth/Health:** May include religion, spirituality, creativity, life skills, meditation, yoga, nature; exercise, nutrition, and/or addressing health risk factors like smoking, alcohol, drugs or overeating etc.

**4. Leisure:** How you play, relax, stimulate, or enjoy yourself; activities for rest, recreation, fun and creativity.

**The Bull's Eye :** make an X in each area of the dart board, to represent where

My behavior is far removed from the way I'd like to be.

I am behaving like the person I want to be.



My value based action I will commit to (specific):

The values underlying my goal are:

The actions I will take to achieve that goal are (be specific):

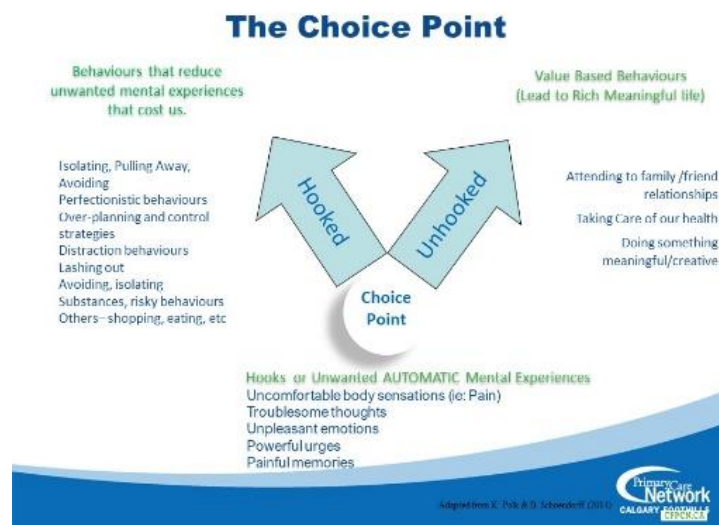
The thoughts/memories, feelings, sensations, urges I'm willing to make room for (in order to achieve this goal):

- Thoughts/memories:
- Feelings:
- Sensations:
- Urges:
  
- HOW WILL I GET UNHOOKED IN ORDER TO COMMIT TO THIS VALUE ACTION:
  
  
- WHAT WOULD IT BE HELPFUL TO REMIND MYSELF:
  
  
- SPECIFICALLY WHEN WILL I TAKE MY FIRST STEP AND WHAT WILL IT BE:

## HANDOUT WK 4 – 3-

**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 movement that are 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/Unhooking strategies: noticing, naming, stepping back/making space, unhooking/letting go of control over internal experiences without letting them control your actions.
- 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** HANDOUT WK 4 – 4 -

- 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)
- Strosahl, Kirk & Robinson, Patricia. (2008). The Mindfulness & Acceptance Workbook for Depression.
- Apps: Actcompanion.com, ACT Coach, Mindshift.
- <https://www.actmindfully.com.au/> - FREE - VIDEOS/CHAPTERS/MINDFULNESS EXERCISES.