

Week 4

Looking Closely at Values

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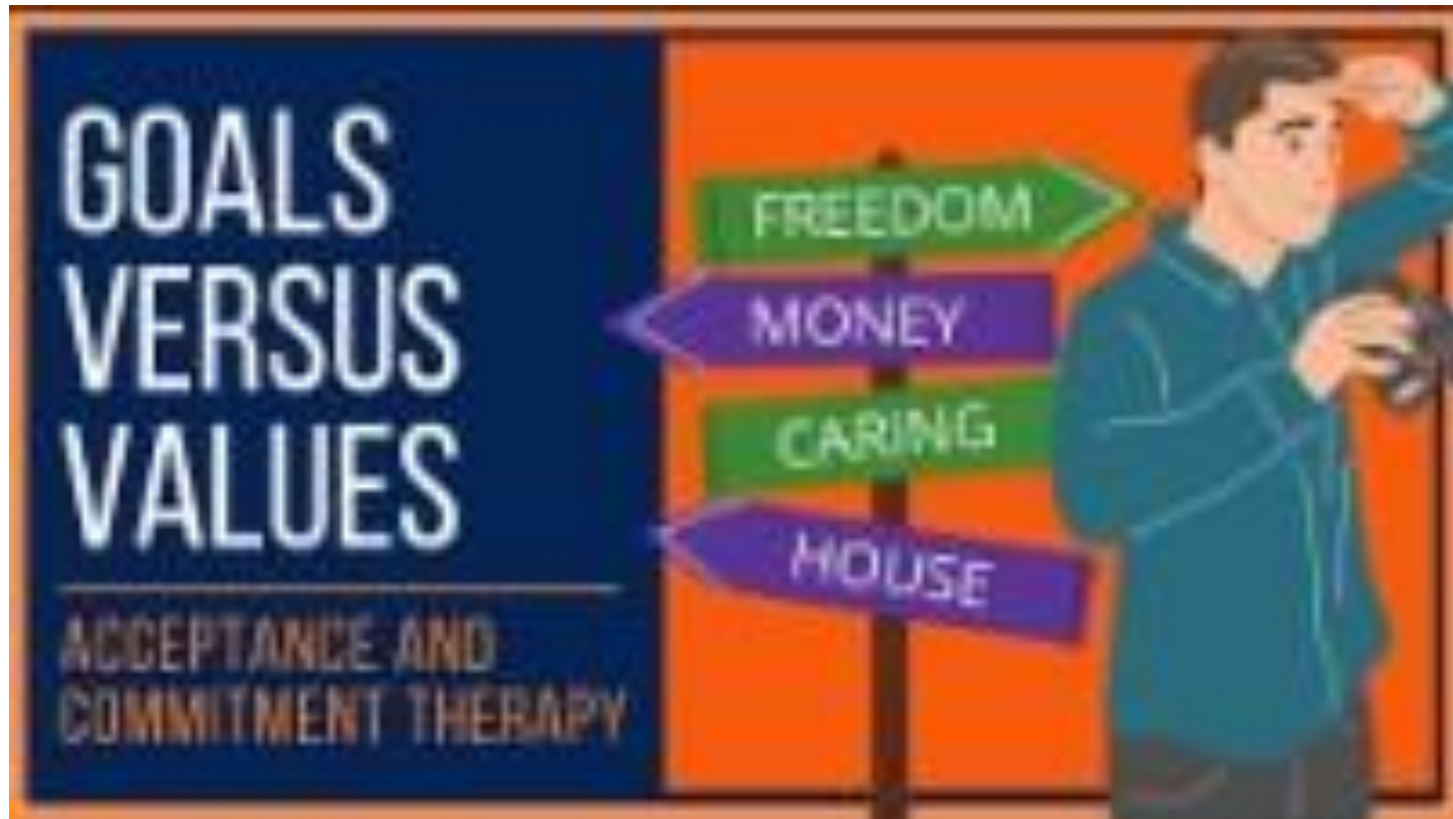
- Mindfulness Exercise – debrief
- Homework review – Mindfulness/ Practicing acceptance / getting unhooked / self-compassion
- Discuss Values vs Goals
- Values Bullseye– Exercise
- Develop “My Willingness ACTion Plan.
- ACT Skills review/ ACT resource
- CONGRADULATIONS!!

Mindfulness Exercise

Homework Last Week

1. Practice a skill of noticing discomfort, naming it and making space for it. Even for a very brief moment.
2. Refer to emotional defusion techniques and practice at least one as a way to reduce suffering with difficult emotion or sensation.
3. Practice self compassion during this exercise. Can you go towards difficult emotion, be sensitive and kind to yourself, and take action in anyway that can improve your situation

Values vs Goals



Values are . . .

- Values are always available and adaptable.
- It is not the size of the action; it is the value that unlays it that matters.
- With this in mind, values can help us build a rich, meaningful life even when we are dealing with pain.
- How we live with pain, what we choose to do with our time now becomes the focus.

THE PATH TO ACTION IS MAKING DIFFICULT BEHAVIORS MEANING.



Clarifying our Values

- Values are personal and differ from one person to the next.
- It take time and reflection to identify your values.
- Complete the value bullseye to write down your values in 4 key areas of life.
- **COMPLETE AND DISCUSS BULLSEY EXERCISE**

Willingness Action Plan

- Take some time to pick one action that is representative of one value and complete the willingness action plan.
- Making a commitment to yourself to get started moving forward in pursuit of your values.
- Prepare yourself for the internal experiences that will hook you and how you will respond.

Congratulations on completing the Moving Forward group!

To continue moving forward requires
PRACTICE, PRACTICE, PRACTICE of

- Being present and aware (Mindfulness)
- Make space for thoughts, feelings, physical sensations
- Defusing/Unhooking – DON'T LET THEM CONSUME YOU
 - COMMIT TO value-guided action

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)
- 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.