## HANDOUT WK 3- Handout 1 – Self – Compassion Break

Think of a situation in your life that is difficult, that is causing you stress.

Call the situation to mind, and see if you can actually feel the stress and emotional discomfort in your body.

Now, say to yourself

- 1) This is a 'moment of suffering'
  - That's mindfulness other options include:
- 'this hurts'
- 'ouch' or
- 'this is stress.'
- 2) Suffering is a part of life. Say to yourself:

'That's common to humanity.' Other options include:

- Other people feel this way
- I'm not alone
- We all struggle in our lives'

No, put your hands over your heart, feel the warmth of your hands and the gentle touch of your hands on your chest. Or, adopt the soothing touch you discovered felt right for you.

Say to yourself

3) May I be kind to myself

You can ask yourself, "What do I need to hear right now to express kindness to myself?" Is there a phrase that speaks to you in your particular situation, such as:

- May I give myself the compassion that I need
- May I accept myself as I am
- May I learn to accept myself as I am
- May I forgive myself
- May I be strong.
- May I be patient

This practice can be used any time of day or night, and will help you remember to evoke the three aspects of self-compassion when you need it most.

## HANDOUT WK 3- Handout 2: Common Acceptance Techniques Common Acceptance Techniques

**ACT Made Simple** 

### **HEALING HAND**

Lay a hand on the part of your body where you feel this most intensely. Imagine this is a healing hand--the hand of a loving nurse or parent or partner. Send some warmth into this area--not to get rid of the feeling, but to open up around it, make room for it, hold it gently.

### SOFTENING

See if you can soften up around the feeling, loosen up, and hold it gently.

### **ALLOWING**

See if you can allow this feeling to be there . You don't have to like it or want it--just allow it.

### **EXPANSION**

See if you can open up and expand around the feeling. It's as if, in some magical way, all this space opens up inside you.

### THE OBSERVING SELF

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

### THE CURIOUS SCIENTIST

Notice where this feeling is in your body. Zoom in on it.
Observe it as if you are a curious scientist who has never encountered anything like this.
Where are the edges? Where does it start and stop? Is it moving or still? Is it at the surface or inside you? Hot or cold? Light or heavy?

### THE CHOICE TO FEEL

Suppose I could give you a choice:
(a) you never have to have this
feeling ever again, but it means
you lose all capacity to love and
care, or
(b) you get to love and care,
but when there's a gap between

but when there's a gap betweer what you want and what you've got, feelings like this one show up.

Which do you choose?

# **FEELINGS**

### PHYSICALIZING

Imagine this feeling is an object. Is it liquid, solid, or gaseous? How big is it? Is it light or heavy? What temperature is it? Is it at the surface or inside you? What shape does it have? What color? Is it transparent or opaque? What does the surface feel like--hot or cold, rough or smooth, wet or dry?

### **COMPASSION**

Hold this feeling gently as if it's a crying baby or a whimpering puppy.

### THE STRUGGLE SWITCH

Is the struggle switch on, off, or at the halfway point we call "tolerating it"?

If the switch was like a dial with a scale of Oto I 0, and IO is full on struggle, and 0 no struggle at all, then right now, what level are you? Are you willing to see if we can bring it down a notch or two?

### **NORMALIZING**

This feeling tells you that you're a normal human being who has a heart and who cares. This is what humans feel when there's a gap between what we want and what we've got.

### **METAPHORS**

Quicksand
Passengers on the Bus
Demons on the Boat
Wade Through the Swamp
Pushing Against a Clipboard

### **BREATHE INTO IT**

Breathe into this feeling. It's as if your breath flows into and around it.

### **NOTICING**

Notice where this feeling is. Notice where it's most intense. Notice the hot spots and cold spots.

Notice the different sensations within the feeling.

Figure 8.1 Common Acceptance Techniques

## HANDOUT WK 3 – Handout 3 - Getting Hooked with Thoughts and Emotions Worksheet

In ACT, we talk colloquially of being "hooked by your mind" or "hooked by emotions" – by which we mean you get all caught up in your thoughts and emotions and they exert a strong influence over your actions. In what situations does your thoughts/emotions manage to hook you? Were you able to use any of the acceptance skills to help you manage through the thoughts and emotions.

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?

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