

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

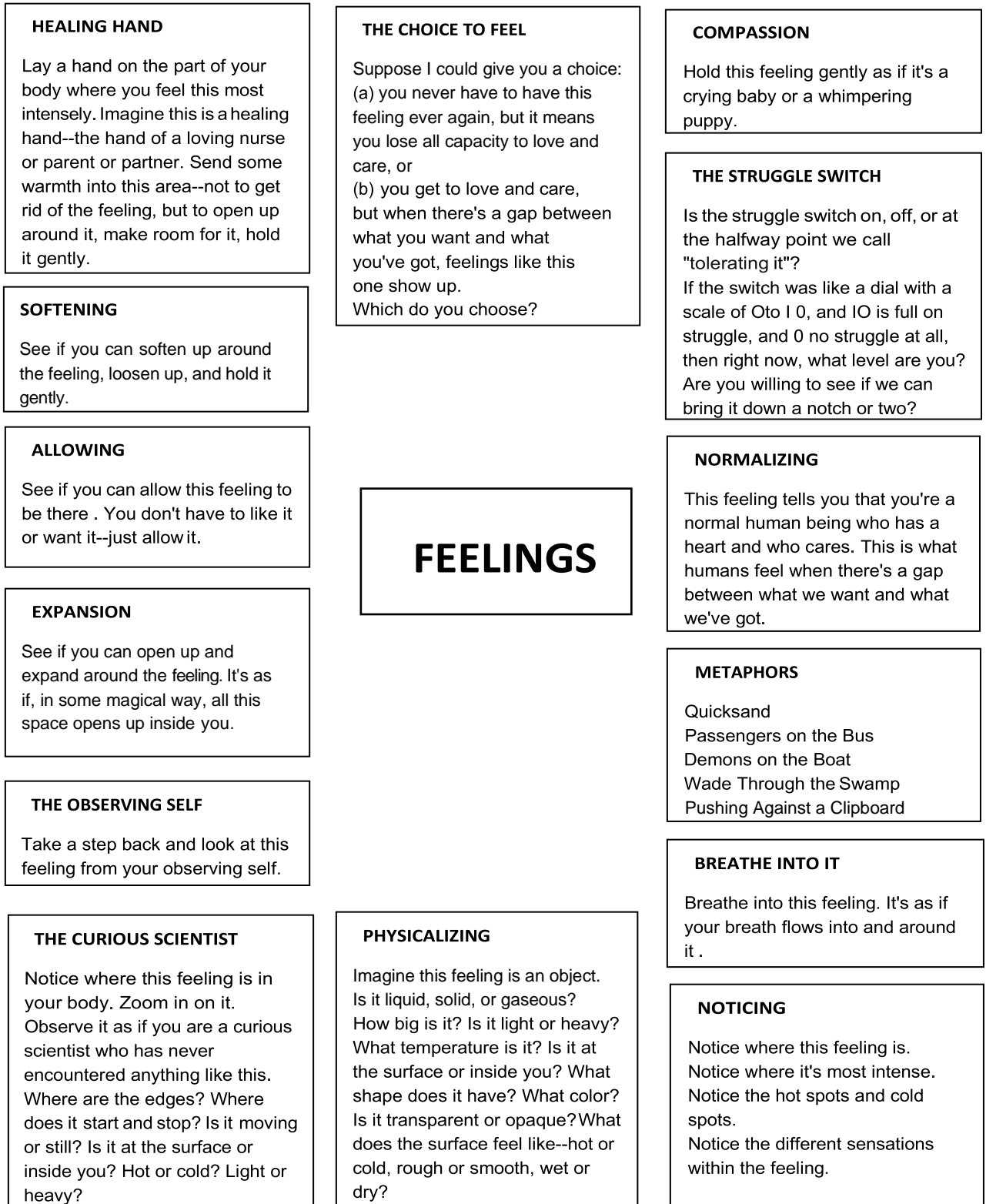


Figure 8.1 Common Acceptance Techniques

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?