

MOVING FORWARD

Week 3

Week 3:

Responding to Emotions: Acceptance

- Mindfulness Exercise
- Review Week 2 homework
- Paradox of Control – quick sand metaphor
- Struggle switch
- Responding to emotions with acceptance
- Self compassion
- Homework

Accepting Emotions - Mindfulness Exercise

Homework review

Getting Hooked Worksheet

Summary of Defusion Techniques

- What strategies did you try?

Quicksand Metaphor – Accepting and Processing Emotions.

Pain + Resistance = Suffering

The more we struggle to control, the more we suffer, the more we make away moves.

The time and energy spent in the struggle, and using behaviors to change or avoid how we feel.

The Struggle Switch (when we are hooked)



Responding to Emotions With Acceptance

- Acceptance = Willingness – Acceptance gets a bad reputation
- Emotions are uncomfortable at times but not dangerous.
- They feel intense but are temporary
- All emotions have function – it's ok not to FEEL happy all the time.
- The willingness to feel our emotions will decrease the suffering, which allow us to respond flexibly (towards moves).
- We don't need them to go away to live a meaningful life. This takes practice – we all get hooked.

Accepting Emotions starts believing that they are valid and safe. 3 happiness myth.



Self-compassion Exercise

1. Contact the present moment: notice & acknowledge painful thoughts and feelings.
2. Open up and make room for the pain ~acceptance rather than fighting it.
3. Defuse: Unhook from harsh, judgmental self-talk.
4. Validate/Common humanity: Pain is part of being human. Something we all have in common. Be sensitive to yourself like you would another.
5. Kindness: pursue the value of kindness towards yourself – words thoughts, and if action can be taken – TAKE IT!
6. LET'S LOOK AT A SELF COMPPASION BREAK EXERCISE

Common Acceptance Techniques Handout

- These specific defusion strategies for how you can develop the skills
- Emotional defusion and acceptance **MUST** be practiced to develop skill.
- We are retraining our mind by deliberately responding to our emotions differently – changing our relationships with them will take effort.
- **USE YOUR TRACKING SHEET**

Homework

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.

See You Next Week!

- We will Review Homework
- We will look at values again and Committed Action based on Values and understanding our own barriers.