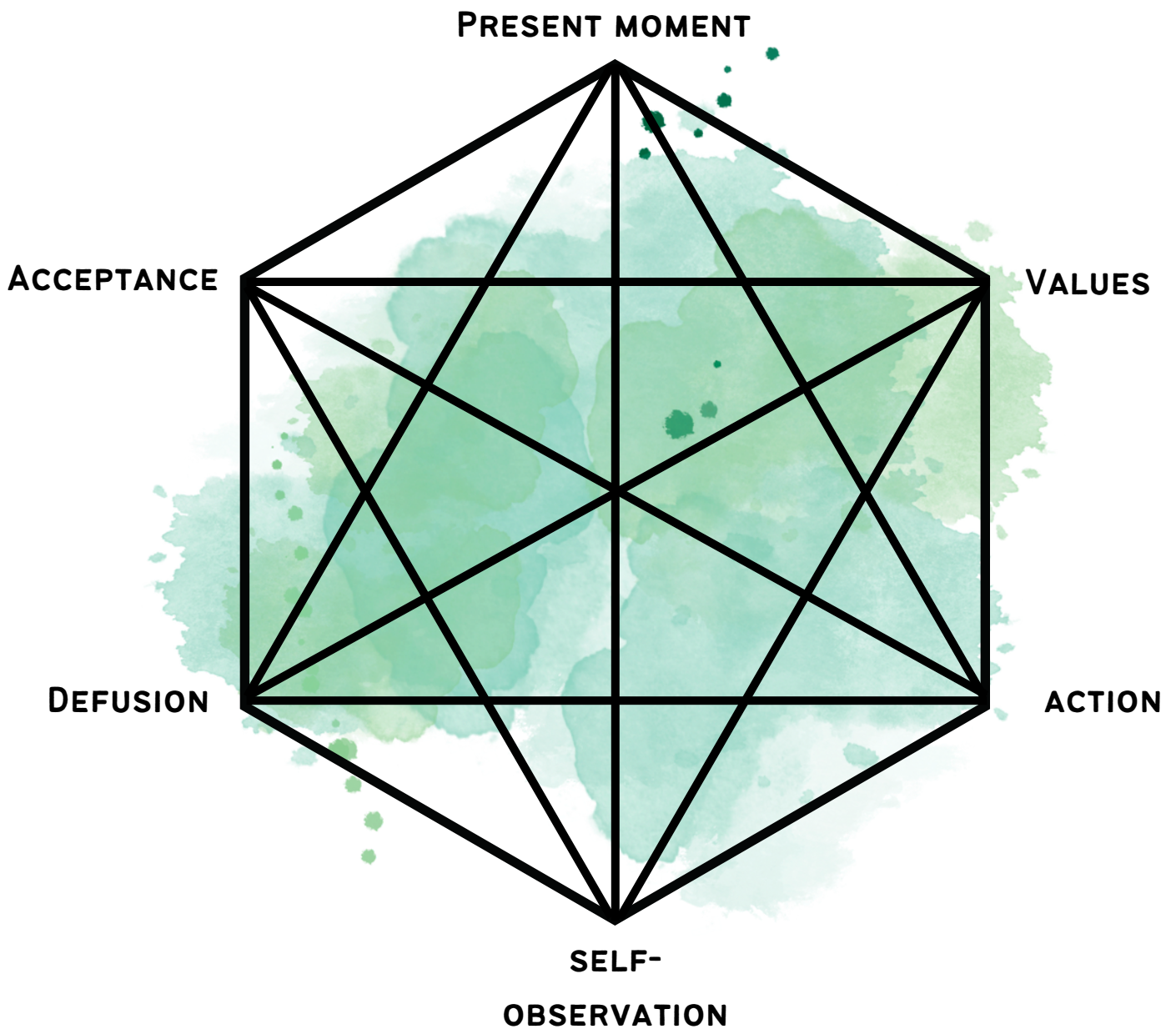


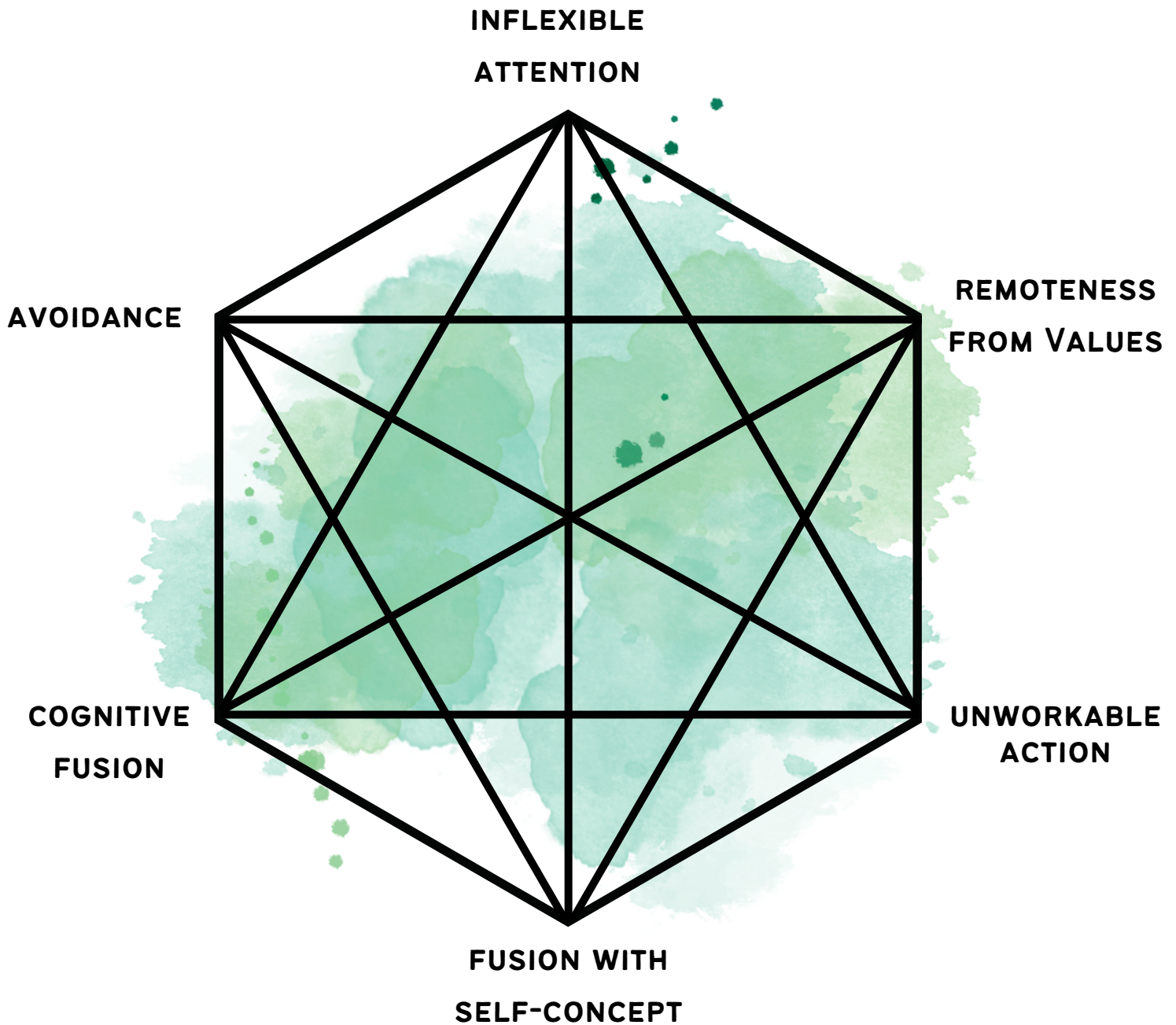


TOOLKIT

Psychological flexibility



Psychological rigidity



A large, irregular watercolor splash in various shades of green (light, medium, and dark) serves as the background for the text. The splash is centered and has a soft, painterly texture.

Acceptance

Emotional

CONTROL STRATEGIES

What are the main thoughts, feelings, sensations, memories, emotions, urges that you do not want?

Connect the DOTS!

D - DISTRACTION

What do you do to distract yourself from, or 'take your mind off' painful thoughts & feelings? (e.g. movies, TV, internet, books, computer games, exercise, gardening, gambling, food, drugs, alcohol)

O - OPTING OUT

What important, meaningful or life-enhancing activities, events, tasks, challenges, or people, do you avoid, quit, escape, procrastinate, or withdraw from? (If they're not important, meaningful or life-enhancing, then opting out is no problem!)

T- THINKING STRATEGIES

How do you try (consciously or not) to think your way out of pain? Tick any of the following that you have ever done, and write in any others that aren't included: Worrying; Dwelling on the past; Fantasizing about the future; Imagining escape scenarios (e.g. leaving your job or your partner) or revenge scenarios; Thinking to yourself 'It's not fair ...' or 'If only'; Blaming yourself, others, or the world; Talking logically and rationally to yourself; Positive thinking; Positive affirmations; Judging or criticizing yourself; Giving yourself a hard time; Analyzing yourself (trying to figure out 'Why am I like this?'); Analyzing the situation (trying to figure out why this happened); Analyzing others (trying to figure out why they are like this); Planning; Strategizing; Constructive problem-solving; Making To Do lists; Repeating inspirational sayings or proverbs; Challenging or disputing negative thoughts; Telling yourself 'This too shall pass' or 'It may never happen'. Other thinking strategies:

S – SUBSTANCES & OTHER STRATEGIES

What Substances do you use put into your body to avoid or get rid of pain: foods, drinks, cigarettes, recreational drugs, naturopathic & herbal remedies, over-the-counter & prescription medications? Any other Strategies you ever use in response to unwanted thoughts and feelings?

Emotional

CONTROL STRATEGIES

Control strategy

What does it cost?

Does it work on the long run?

A large, irregular watercolor splash in shades of green and teal serves as a background for the text. The splash has a textured, painterly appearance with various tones of green and some darker spots. The word "Defusion" is written in a bold, black, cursive script across the middle of the splash. The letters are thick and have a slightly rough, hand-drawn quality. The word is positioned diagonally, starting from the bottom left and moving towards the top right. The background is a plain, light cream color.

Defusion

6 TYPES OF *cognitive fusion*

- **Fusion with past**
 - Rumination, regret, dwelling on painful memories
 - Resentment
 - Idealizing the past
- **Future**
 - Catastrophising, worrying
 - Losing hope
 - Concentrating on possible failure, rejection, hurt, loss etc.
- **Self-concept**
 - Negative OR positive self judgement
 - Labels
- **Reasons – why I can't do it**
 - I'm too...
 - ... might happen
 - I am...
- **Rules**
 - Must/should statements
- **Judgements**
 - About the past or future
 - Self and others
 - Our own thoughts and feelings
 - Our body, behaviour, life
 - The world, places, people, objects, events etc.

Defusion techniques

CLASSICS

- I'm having the thought that...
- Say it in a silly voice or sing it
- Here it is again... The ... Story
- Hands as thoughts
- Passengers on the bus
- Thank your mind

METAPHORICAL.

- a "don't get killed" machine
- a computer screen with notifications
- radio "doom and gloom"
- the world's greatest storyteller
- a thought-generator
- a judgment factory

FORM AND LOCATION

What does that thought look like?

How big is it? What does it sound like? Your voice or someone else's? Close your eyes and tell me, where is it located in space? Is it moving or still? If moving, in what direction and at what speed?

WORKABILITY

Is that thought useful?

If you let that thought dictate what you do, where does it take you: toward or away from the life you want? Does that thought help you to behave like the person you want to be?

NAMING THE STORY

If all these thoughts and feelings were put into a book or movie, titled "the something something story," what would you call it? Each time this story shows up, name it: "Aha, there's the XYZ story again!"

VISUALIZING

Imagine this thought on a computer screen, or book cover/album cover. Change the font, color, and format. Animate the words. Add effects.

MEDITATIVE

Let your thoughts come and go like: leaves on a stream, passing clouds, cars driving past your house, etc.

CREATIVE WRITING

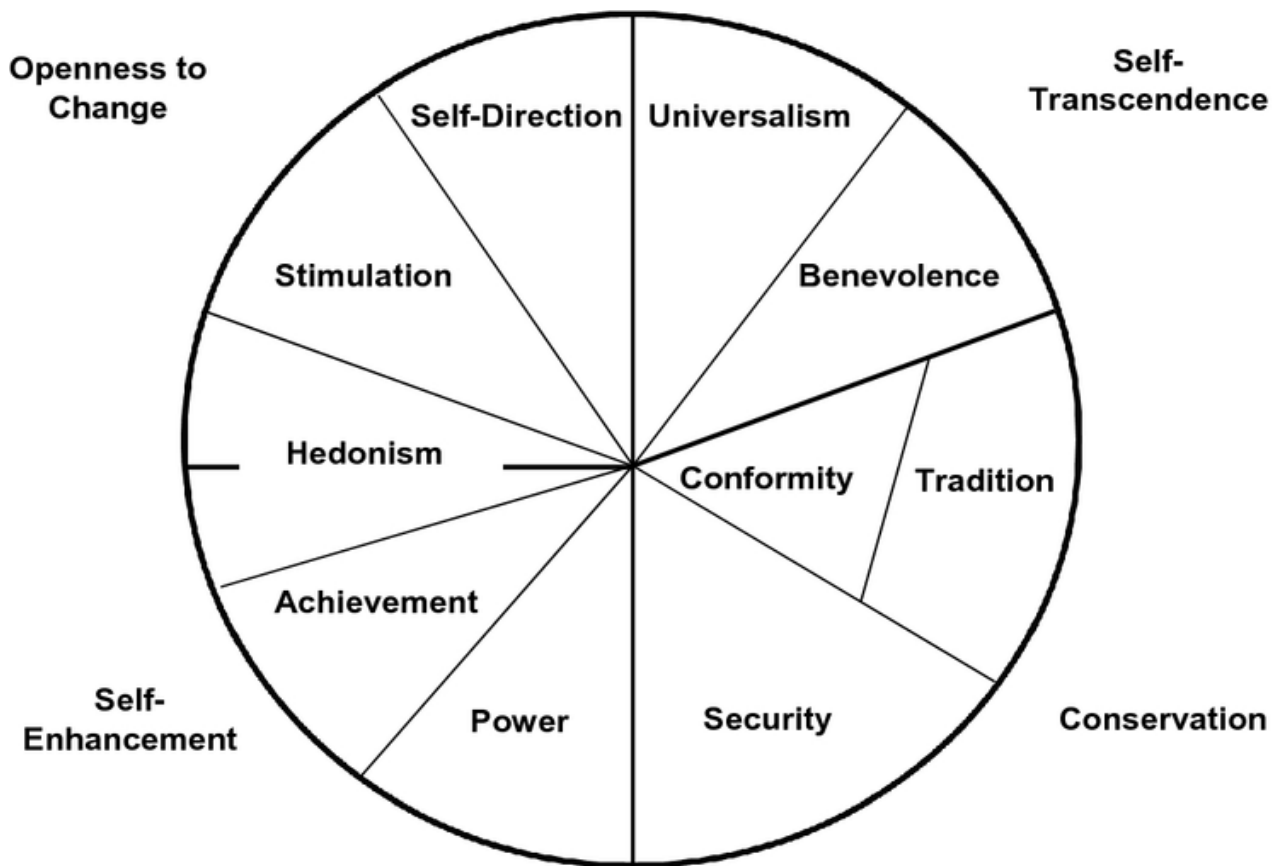
Write the story of your inner demon! Where does it come from, how was it born? What does it want from you? What does it want to say or show? Write a monologue, or dialogue with the demon!

A large, irregular watercolor splash in shades of green and teal serves as a background for the text. The splash has a textured, painterly appearance with various tones of green and some darker spots. The word "valves" is written in a bold, black, cursive script across the middle of the splash. The letters are thick and have a slightly rough, hand-drawn quality. The word is positioned horizontally, with the 'v' starting on the left and the 's' ending on the right. The overall composition is simple and artistic, with the text being the central focus against the organic, watercolor background.

valves

Values

SCHWARTZ: 10 UNIVERSAL VALUES



[Learn more about the universal values here.](#)

Discover your values!

ROLE MODELS

- Who were the people you looked up to, admired as a kid?
- Who do you admire, who inspires you now
- What are the common qualities of these people?

WEALTH

- Imagine, that you get paid enough to cover your material needs, for any type of work - what would you work?
- Imagine, that you inherit a big fortune - what would you spend it on?

EULOGY

Imagine, that 3 people are saying a speech at your funeral! Who are they? What would you want them to say about your life? What do you want to be remembered by?
Write the speech!

POSITIVE GOSSIP

What would you want people say about you behind your back? What would they praise about you? What memories would they recall, that you had together?

ENVY

Think of some people, that you envy or would like to trade places with! What values do they represent? How would it be to walk in their shoes for a day? How would you feel different, be different?

SELF-REFLECTION

- What kind of person do I want to be?
- What kind of life do I want to be living?
- How would I want to be in my work, relationships, free time, lifestyle choices?

COLLAGE

Create a collage, representing:

- your most important values
- your best self
- your ideal day
- your dream life
- your ideal future

MY NAME BACKWARDS

- Write down your name, spelled backwards! Imagine this character, when and where do they exist, how are they like?
- How do you feel about them? Do you share the same values, or maybe opposite?

A large, irregular watercolor splash in various shades of green (teal, light green, and dark green) serves as a background for the text. Several small, dark green dots are scattered around the main splash, particularly above and below it.

mindfulness

Mindful walking



SENSE OF LISTENING



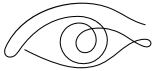
SENSE OF SMELL



SENSE OF TOUCH



SENSE OF WONDER



SENSE OF SEEING

Body-scan

Observe your bodyparts one-by-one, starting with your toes, and moving up the body!

Notice how they feel at the moment!

Notice the qualities without judgement: is it tense or loose, spacious or narrow, heavy or light?

Mindful movement

Do regular movements very slowly and consciously! E.g. comb your hair, walk, wiggle your fingers, grimace your face, move your neck... Observe how each muscle is moving, to make this movement possible! Observe how the movement feels to you, what differences it makes in your body!

Do it in a new way!

Break your routine! Try doing regular things in a completely new way: walk in a way you have never walked before, open the door in a new way, look around for new things to notice in your environment!

Play with focus!

Observe your breathing! Then widen the focus: observe your bodyparts! Then observe how you are connected to the environment: how you feel your chair, the air, etc. Finally observe the noises of the environment!

50 shades of mindfulness

1. Writing/doing things with your other hand
2. Explain automatic movements
3. Rearranging your room
4. Counting your steps as you walk
5. Doing one thing at a time (no multitasking)
6. Juggling
7. Cooking
8. Touching things and feeling the surface
9. Meditation
10. Making coffee
11. Taking pictures and being aware of everything that is in the frame
12. Making plans for the day in the morning, before checking phone
13. Walking
14. Petting animals
15. Singing in the car
16. Being grateful
17. Playing the piano
18. Taking a bath
19. Smelling clothes
20. Scanning your body
21. Noticing the difference
22. Being in nature
23. Looking in the mirror and observing yourself
24. Taking a pause in your day
25. Focus on 5 senses
26. Remind yourself what you're doing
27. Being aware of your breathing
28. Being aware of your environment
29. Connecting with people
30. Being aware of death
31. Focusing on repetitive tasks
32. Feeling the sun
33. Making photos of familiar places
34. Tasting food/drink
35. Observing people
36. Walking barefoot
37. Being precise
38. Going in water
39. Hiking
40. Making love
41. Do everyday tasks differently
42. Stargazing
43. Gardening
44. Sitting in the balcony
45. Taking a shower
46. Cleaning
47. Listening to the sounds of nature/music
48. Swimming
49. Travelling alone
50. Making art

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Action

GOAL PLANNING WORKSHEET

1. Pick A Domain

Choose **JUST ONE** life domain to work on: health, work, education, leisure, personal growth, spirituality, parenting, friends, family, intimate relationship, other.

Domain:

2. Choose Your Values

Choose 1 or 2 values (maximum 3) that you want to bring into play in your chosen life domain. These values will motivate and inspire the actions you take to pursue the goal.

Values:

3. Set a SMART Goal

S= Specific (Do not set a vague, fuzzy, or poorly-defined goal like, 'I'll be more loving'. Instead, be specific: 'I'll give my partner a good, long hug when I get home from work'. In other words, specify what actions you will take.)

M = Motivated by values (I.e. double check this goal is aligned with the values in step 2.)

A = Adaptive (Is this goal likely to improve your life in some way?)

R = Realistic (Make sure the goal is realistic for the resources you have available. Resources you may need could include: time, money, physical health, social support, knowledge and skills. If these resources are necessary but unavailable, you will need to change your goal to a more realistic one. The new goal might actually be to find the missing resources: to save the money, or develop the skills, or build the social network, or improve health, etc.)

T = time-framed (Put a specific time frame on the goal: specify the day, date and time — as accurately as possible — that you will take the proposed actions.)

Write your SMART goal here:

4. What Are The Benefits?

Clarify for yourself, what would be the most positive outcome(s) of achieving your goal? (However, don't start fantasising about how wonderful life will be after you achieve your goal; research shows that fantasising about the future actually reduces your chances of following through!) Write the benefits below:

Step 5. Prepare For Obstacles

Imagine the potential difficulties and obstacles that might stand in the way of you achieving your goals, and plan for how you will deal with them if they arise.

Consider:

- a) what are the possible internal difficulties (difficult thoughts and feelings, such as low motivation, self-doubt, distress, anger, hopelessness, insecurity, anxiety, etc.)?
- b) what are the possible external difficulties (things aside from thoughts and feelings that might stop you, e.g. lack of money, lack of time, lack of skills, personal conflicts with other people involved)?

If internal difficulties arise in the form of thoughts and feelings, such as:

Then I will use the following mindfulness skills to unhook, accept, be present, etc:

If external difficulties arise, such as:

a)

b)

c)

then I will take the following steps to deal with them:

a)

b)

c)

Step 6: How Realistic Is This Goal, On a Scale of 0-10?

10 = this is completely realistic, I'll definitely do it.

0 = this totally unrealistic, I'll never do it.

Your goals need to be reasonably realistic: at least a 7. So if you can't score at least a 7, then change the goal - make it smaller, simpler, easier until you *can* score a 7. If necessary, change the goal altogether.

Step 7. Who Are You Going To Share This With?

Research shows that if you make a public commitment to your goal (i.e. if you state your goal to at least one other person), then you are far more likely to follow through on it. If you're not willing to do this, then at the very least make a commitment to yourself. But if you really do want the best results, then be sure to make your commitment to somebody else!

Read through your SMART goal one more time, then make a commitment out loud that you are going to follow through on this. Ideally say this aloud to someone else, but if not, say it aloud to yourself.

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My ACT toolkit

EXAMPLE

DEFUSION

- Hands as thoughts
- What does the thought want from me?
- Leaves on stream

BE PRESENT

- Playing with focus
- Mindful walking
- Body-scan meditation

ACCEPTANCE

- Does the control strategy work on the long run?
- Observe the feelings in your body without judgement

SELF-OBSERVATION

- Thank your mind for the feedback
- Say that I am having the thought that...

VALUES

- Who are your role models?
- Collage
- Positive gossip: what do I want people to say about me?

COMMITTED ACTION

- SMART goals
- Emotional regulation strategies

FAVOURITE METAPHORS

- The mind as a don't get killed and problem solving machine;
- The ship in the storm
- Passengers on the bus



My ACT toolkit

DEFUSION

**CONTACT WITH THE
PRESENT MOMENT**

ACCEPTANCE

SELF AS CONTEXT

VALUES

COMMITTED ACTION

FAVOURITE METAPHORS

Resources

<https://thehappinesstrap.com/>
<https://www.actmindfully.com.au/>

Steven C. Hayes: Get out of your mind and into your life
Steven C. Hayes: Acceptance and commitment therapy
Russ Harris: The Happiness Trap (self-help book)
Russ Harris: ACT made simple (beginners' textbook)
Stoddard Afari: The big book of ACT metaphores
Kelly G. Wilson: Things might go terribly, horribly wrong

Passengers on a bus
The Struggle Switch
Evolution of the human mind
Leaves on a stream meditation

Headspace - App for mindfulness

Impressum

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ACT For Your Mental Health Training Course, 2023. Vác, Hungary
Created by: Laura Szlovik-Helstáb
In cooperation with Cultrural View International Association