

## VACI - Vital Absorbing Creative Interest

A Vital Absorbing Creative Interest – VACI - might help me enjoy a simple pleasure in my life.

I might first look at **a benefit I might like to get from an activity**. Being able to just relax for a bit? A mental challenge? The social aspect? The physical challenge? Each benefit I want, specific to me, might be a key to finding a VACI.

What thing could I do to get a bit better ‘buzz’ out of my life? I might have to put in a bit of effort, however the reward could be great - **I might remember, or continue to enjoy it, for years to come**. Maybe I decide to ride a roller coaster I haven’t ridden before. Maybe it is learning to dance – one or two of the many styles. Perhaps I have always wanted to sky dive. Maybe I have always wanted to learn to ride a bicycle. I could figure out what might give me a bit of joy and consider taking it on.

### I may perhaps work to do my VACI in moderation!

Maybe looking at some way of **constructively** being away from the world for a time might give me the chance to restore my energy for being with another. I might take a walk in a park. A bicycle ride is another great way for me to be alone with nature. I might go to the ocean, river or a lake and watch the water move. I might go on a day trip and be alone with myself for a while – or join a walking or travel group or club. I might try gardening, a craft, or an artistic endeavour?



I might have a real adventure. Maybe I could even write a bit of a book about it.

If I struggle to feel comfortable in a social situation, I might challenge myself to go to a social situation and put on an ‘act’ of being fun and friendly – or make a goal to chat to one person - continuing to practice that until it becomes a bit more natural. **Most people are seen to be as afraid of me, as I am of them.**

I might choose to “**give myself permission to feel a bit frustrated, uncertain, or uncomfortable.**” Lowered frustration, uncertainty or discomfort tolerance is directly associated with a lack of healthy risk-taking. I might consider giving myself permission to feel a bit of one of these emotions and see it for what it is – **a growth emotion**. A different life might begin at an edge of a comfort zone of mine. I might choose to see fear for what it might be also – **excitement**. I have the rest of my life to turn myself on in a helpful way.

**Another** thing I might do when trying to find a new VACI is to think about what I used to like to do as a kid. What interest did I hold? What hobby did I have? What dream of mine perhaps waits to be realized? **Now might be a good time to take my life a little more in my hands and make one of those things start to happen a bit?**

**Variety is a spice of life. I might find one Vital Absorbing Creative Interest or keep looking for another. Life is full of an amazing and new thing for me to learn and do. I might take it on! A choice is mine.**

### VACI Worksheet

Over the page is an example of a worksheet I could use to begin planning my new VACI. I could list a few things I think might be fun to try. Once I try them out, I might rate them from 1 – 10:

**1 being not so much fun, and 10 being amazing.**



I might decide to rate an activity **after a 'reasonable' number (3-7?) of attempts** – 1-not liked, to 10-loved.

Activity	Thought	Rating

## ACTIVITY I MIGHT ENJOY

- CHORE OR USEFUL TASK (such as Cleaning, Cooking, Dishwashing, Gardening, Ironing, Sewing).
- EXERCISE (such as Aerobics, **Dancing**, Jogging, Nautilus, Shadow Boxing, Skipping Rope, Stretching, **Walking**, **Weightlifting**, Yoga).
- EXPRESSING A FEELING OR INSIGHT (such as Blogging, Group Support, Journaling, Talking, Writing.).
- FOOD ACTIVITY (such as Baking, Barbecuing, Cooking, Gourmet Meal Preparation, Shopping for Food).
- GAME (such as Anagram, Bridge, Checkers, Chess, Crossword, Go, Jigsaw Puzzle, Monopoly, Pinochle, Poker, Scrabble).
- GRAPHIC ART (such as Cartooning, Drawing, Lettering, Mechanical Drawing, Painting, Photography, Silk-screening).
- HANDICRAFT ACTIVITY (such as Basket-making, Bookbinding, Crocheting, Decoupage, Dressmaking, Embroidering, Knitting, Leatherworking, Needlepoint, Sewing, Woodwork).
- HUMOROUS ACTIVITY (such as Cartooning, Charades, Improv, Jestng, Joke-writing, Punning).
- MARTIAL ART (Aikido, Fencing, Judo, Jujitsu, Karate, Origami, Tae Kwon Do, Wrestling).
- OUTDOOR ACTIVITY OR SPORT (such as Bird-watching, Canoeing, Community Gardening, Crabbing, Cycling, Fishing, Hiking, Hunting, Ice-skating, Rowing, Sailing, Skiing, Snow Boarding, Walking).
- PERFORMING ART (such as Acting, Ballet, **Dance**, Improvisation, **Latin Dancing**, Mime, **Modern Dance**, **Rock and Roll**, Singing, **Street Latin Dancing**, Tap Dance).
- PERSONAL GROWTH (Career Development, Lecture, Self-help Book, Skill-development, Workshop).
- READING (Biography, Fiction, Non-fiction, Novel, Play, Poem).
- SCIENTIFIC ACTIVITY (such as Anatomy, Anthropology, Biology, Herpetology, Medicine, Physics, Psychology, Sociology, Zoology).
- SOCIALIZING ACTIVITY (such as Attend or Give a Party, Call a Friend haven't seen for a while, Conversing, Dance, Group Activity, Rap Session, Tour Group).
- SPECTATOR (regularly watch a Circus, Movie, Pageant, Play, Sport).
- SPORT (such as Baseball, Basketball, **Dancing**, Football, Golf, Gym, Hockey, Running, Skating, Tennis, Volleyball).
- STUDYING AN ACADEMIC SUBJECT (such as Art-History, History, Language, Math, Music, Psychology, Science, and Social Science).
- TRADE OR CRAFT (such as Bricklayer, Builder, Carpenter, Gardener, Machinist, Mechanic, **Men's Shed**, Woodworker).

MY turn – Have I heard about it? Read about it? Seen it? MAYBE I'LL TRY IT!?