



**Guy's and St Thomas'**  
NHS Foundation Trust

# **More Than a Mouth: Skills for life's ongoing challenges**

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# Session 4

- Welcome back
- Arriving practice

# Home practice

- SMART-goal / committed action
- Quality of behaviour
- What showed up? How did you respond?

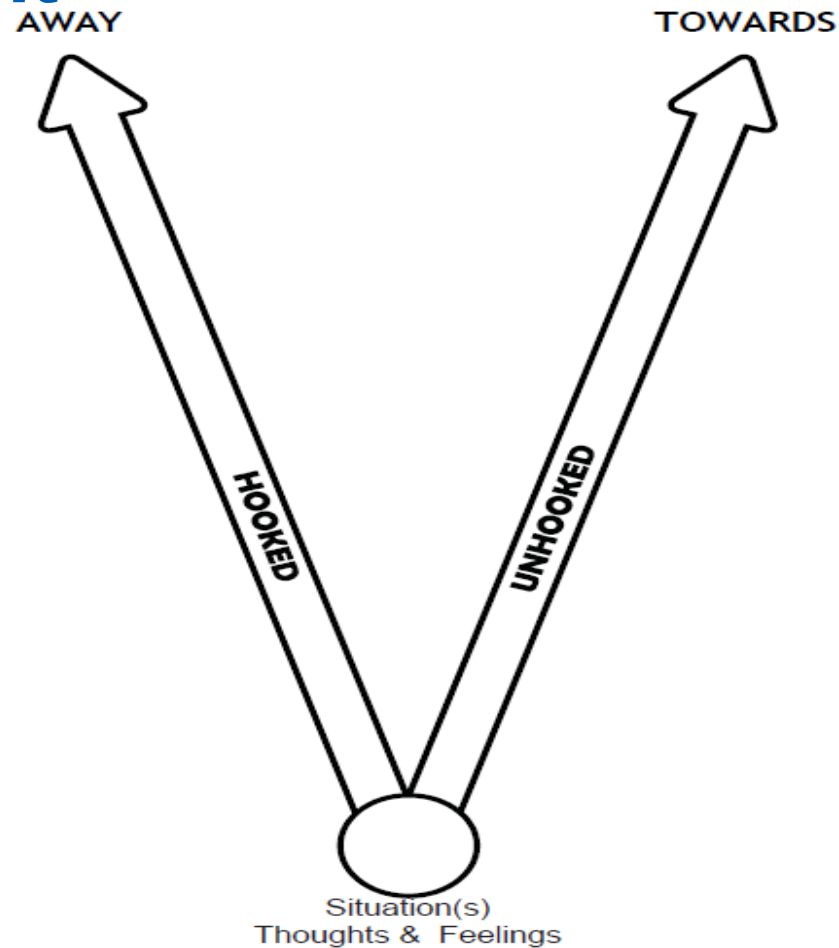
# What are we all doing here?

- Learning:
- To see our thoughts, emotions and sensations in ways that do not control us
- To see how we create 'stories' about ourselves
- To allow ourselves to feel the full range of human experience
- To observe our experiences intentionally and clearly
- To choose what we want to do and how we want to do it
- To create habits that support those choices

# Meeting your physical discomfort

- Developing our 'opening up' skills
- Dropping the struggle with physical discomfort

# Choice point



Choice Point 2.0 © Russ Harris, 2017 - adapted from the 'Choice Point' by Bailey Ciarrochi, Harris 2013

# Committed action

**A meaningful SMART goal to do between now and the follow-up session**

**Experiential exercise**

# Re-committing

**Experiential exercise**

**Part of the process!**

**Constant renewal of intention**

**Sat nav**

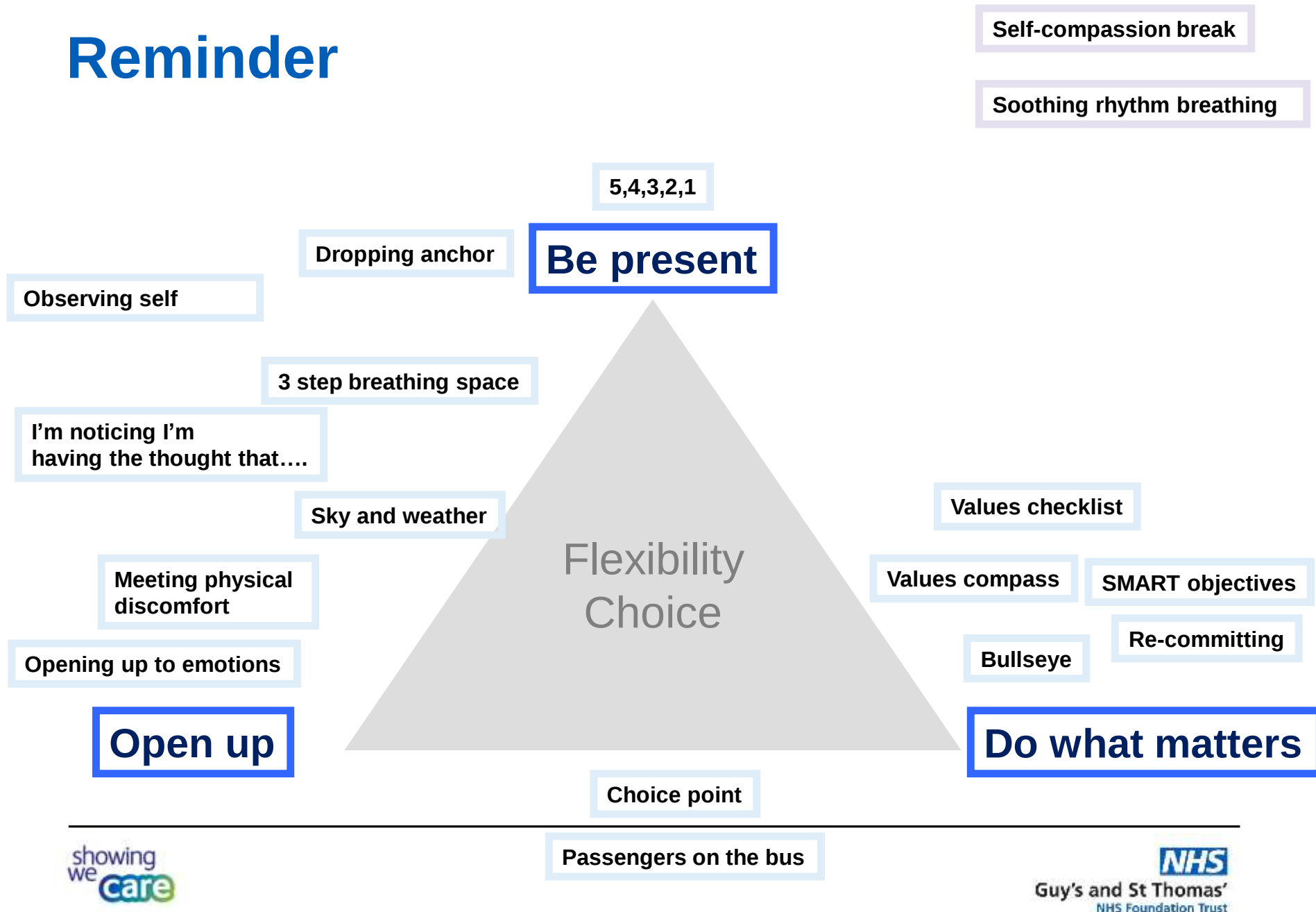
# Observing 'self'

- The part of us that can observe our internal experiences (our thoughts, emotions, sensations, urges etc).
- We may call it our noticing or wiser 'self'.
- Experiential exercise

# The sky and the weather



# Reminder



# Ending

**What passengers are showing up?**

**Sharing ideas for keeping what you've learnt alive**

