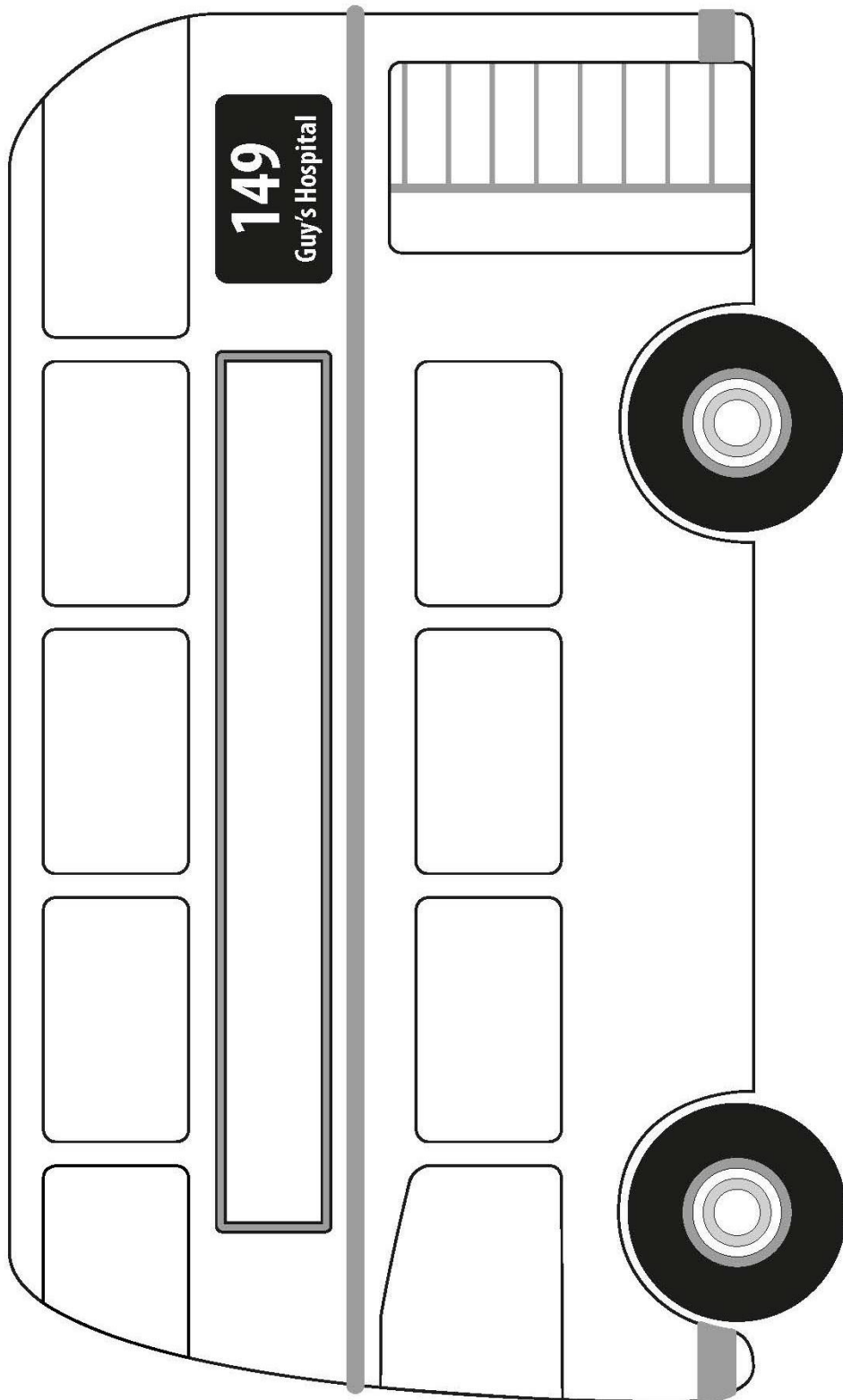


What are your passengers?

An exercise in openness



Write or draw on the bus some of the thoughts, memories, emotions, sensations or urges that you struggle with.

Looking at these for a moment, does this stir up other emotional, mental or physical experiences that you find yourself struggling against? If the answer is yes, put these on the bus too as fellow passengers.

Acknowledging the experiences that you struggle with is a type of openness. Being willing to have difficult experiences is not the same as wanting them or liking them, it is simply saying 'yes' to them, giving them permission to be there.

As a metaphor for actual change, would you be willing to carry around these passengers in your pocket for a few hours or even a day? If you choose to say yes, decide for how long and commit to doing it.

More than a Mouth Course: Values

In the course we'll be talking a lot about 'values' and some of the first class will be taken up with looking together at what they are and why they are so important to us all. We hope that you will begin to see their relevance in the context of living a fulfilling and satisfying life, alongside mouth and face symptoms.

Over the next few days and before our first class we would like you to look at the list below and pick two or three values that you think are important to you. You won't be asked to explain why you have picked those particular values. That would be a little bit like asking someone to justify why they prefer chocolate ice cream over pistachio ice cream! In the most basic terms values are the things that we hold dear and are important in the way that we relate to ourselves, other people and the world in general.

Have a think about which values make you feel alive and energised and what sorts of things you might be actually doing if you were to be 'living' your values. What do you really care about? What matters to you? What sort of person do you want to be?

Here is the list to get you going, you might think of some values that aren't even on here! Feel free to add your own.

Values list:

1. Acceptance/self-acceptance: to be accepting of myself, others, life etc.
2. Adventure: to be adventurous; to actively explore novel or stimulating experiences
3. Assertiveness: to be respectfully stand up for my rights and request what I want
4. Authenticity: to be authentic , genuine , and real; to be true to myself
5. Caring/self-care: to be caring toward myself, others, the environment, etc.
6. Compassion/self-compassion: to act kindly toward myself and others in pain
7. Connection: to engage fully in whatever I'm doing and be fully present with others
8. Contribution and generosity: to contribute , give , help , assist, or share
9. Cooperation: to be cooperative and collaborative with others
10. Courage: to be courageous or brave ; to persist in the face of fear , threat , or difficulty
11. Creativity: to be creative or innovative
12. Curiosity: to be curious , open-minded, and interested; to explore and discover
13. Encouragement: to encourage and reward behaviour I value in myself or others
14. Engagement: to engage fully in what I am doing
15. Fairness and justice: to be fair and just to myself or others
16. Fitness: to maintain or improve or look after my physical and mental health
17. Flexibility: to adjust and adapt readily to changing circumstances
18. Freedom and independence: to choose how I live and help others do likewise
19. Friendliness: to be friendly , companionable , or agreeable towards others
20. Forgiveness/self-forgiveness: to be forgiving toward myself or others
21. Fun and humour: to be fun loving; to seek , create , and engage in fun-filled activities
22. Gratitude: to be grateful for and appreciative of myself , others, and life
23. Honesty: to be honest , truthful , and sincere with myself and others
24. Industry: to be industrious , hardworking , and dedicated
25. Intimacy: to open up , reveal , and share myself , emotionally or physically
26. Kindness: to be kind , considerate , nurturing or caring toward myself or others
27. Love: to act lovingly or affectionately toward myself or others

- 28. Mindfulness: to be open to , engaged in and curious about the present moment
- 29. Order: to be orderly and organised
- 30. Persistence and commitment: to continue resolutely , despite problems or difficulties
- 31. Respect/self-respect: to treat myself and others with care and consideration
- 32. Responsibility: to be responsible and accountable for my actions
- 33. Safety and protection: to secure , protect , or ensure my own safety or that of others
- 34. Sensuality and pleasure: to create or enjoy pleasurable and sensual experiences
- 35. Sexuality: to explore or express my sexuality
- 36. Skilfulness: to continually practice and improve my skills and apply myself fully
- 37. Supportiveness: to be supportive , helpful and available to myself or others
- 38. Trust: to be trustworthy; to be loyal , faithful, sincere, and reliable
- 39. Other: _____
- 40. Other: _____

(This material is taken from that developed by Russ Harris).

Dropping anchor

First, just see if you can push your feet hard into the floor. Push them down. Feel the ground beneath you.

Now sit forward in your chair, and straighten your back. Feel the chair beneath you; notice your back supporting you.

Now slowly press your fingertips together, and as you do that, gently move your elbows and your shoulders. Feel your arms moving, all the way from your fingers to shoulder blades.

Take a moment to acknowledge there's a lot here that you're struggling with ... you didn't ask for it ... but here it is ... and it's challenging and it's difficult and you want it to go away, and yet it's not going ... Silently acknowledge to yourself what type of internal experience it is ... For example, say to yourself "Here's sadness" or "Here's anxiety" or "Here's a painful memory" or "Here's a painful sensation"

Now notice that as well as this internal experience, there's also a body around it – a body that you can move and control.

Straighten your back again, and notice your whole body now – your hands, feet, arms, legs – gently move them, and feel them moving ... Have a good stretch ... Notice your muscles stretching ... Press your feet down and feel the floor.

Now also look around the room – up down, and side to side - and notice five things that you can see. And also notice three or four things you can hear – sounds coming from me or you or the room around you

So notice, there's something very painful here that you're struggling with, and at the same time see if you can also notice your body in the chair ... and gently move that body, have a stretch... take control of your arms and legs. And also notice the room around you and what else is going on in this moment.

Repeat for as long as needed until you are grounded.

You can find similar audio recordings of different lengths here:

<https://www.actmindfully.com.au/free-stuff/free-audio/>

Values Worksheet

Values are what we find meaningful in life. They are what you care about and consider to be important. Values are different for everybody, and they can change over time.

Values are different from goals. Put crudely, goals can be 'achieved' whereas values are more like compass directions that we want to head in. For example we might have the goal of getting our children to school on time, which sits within the value of 'being a good parent', or the goal of going for a jog while placing value upon exercise and physical health.

The domains below are valued by some people. Leaving aside any obstacles for the moment, think about what is important to you, and what you think makes for a meaningful life that you could value.

Family relations

*What kind of relationships do you want with your family?
What kind of mother/father/brother/sister/uncle/aunt do you want to be?*

Physical wellbeing

What kind of values do you have regarding your physical wellbeing? How do you want to look after yourself?

Marriage / couple /

intimate relations

*What kind of husband/wife/partner do you want to be?
What quality of relationship do you want to be a part of?*

Citizenship / community

What kind of environment do you want to be a part of? How do you want to contribute to your community?

Parenting

*What sort of parent do you want to be?
What qualities do you want your children to see in you?*

Spirituality

What kind of relationship do you want with God / nature / the Earth?

Friendships / social relationships

*What sort of friend do you want to be?
What friendships is it important to cultivate?
How would you like to act towards your friends?*

Recreation

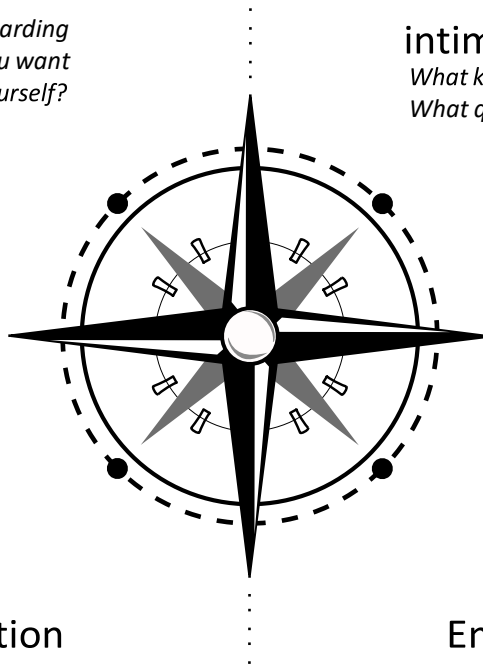
*How would you like to enjoy yourself?
What relaxes you? When are you most playful?*

Employment

*What kind of work is valuable to you?
What qualities do you want to bring as an employee?
What kind of work relationships would you like to build?*

Education / training / personal growth

*How would you like to grow?
What kind of skills would you like to develop? What would you like to know more about?*



Values **Worksheet**

For each of these domains write a quick summary of your values, for example “to live a healthy life and take care of my body” (physical wellbeing), or “to be a good friend to people who need me, and to enjoy my time with the people I love” (friendships). Rate each domain for how important it is to you from 0-10 (0=not important)

Physical wellbeing

Family relations

Marriage / couple /
intimate relations

Citizenship /
community

Parenting

Spirituality

Friendships / social
relationships

Recreation

Education / training /
personal growth

Employment

