

ACCEPTANCE

PSYCHOLOGICAL FLEXIBILITY

BEING PRESENT

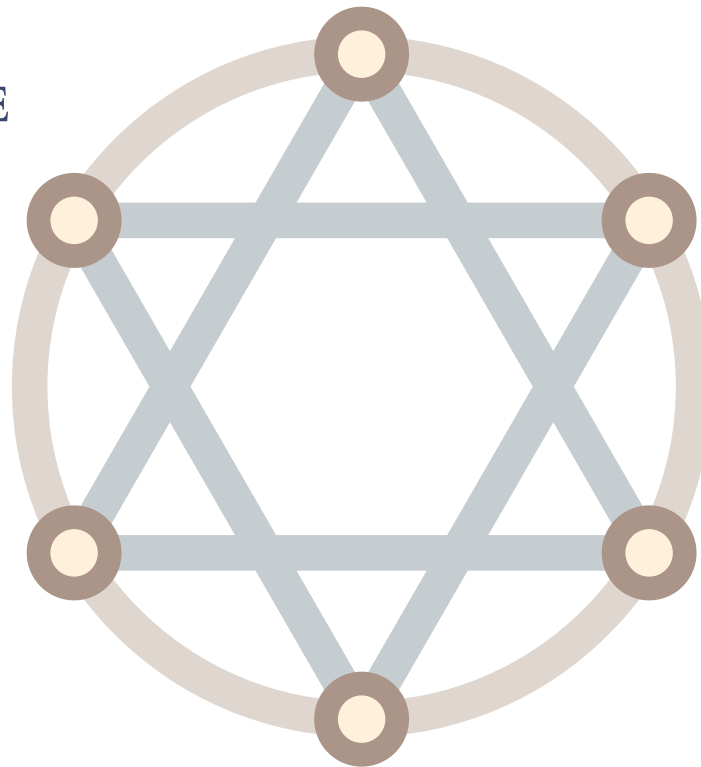
Focus on the moment. Be in the 'now'.

ACCEPTANCE

Be open to making room for painful feelings and sensations.

VALUES

Discover what is important to you. What do you want to stand for?



DEFUSION

Learn to step back or detach yourself from unhelpful thoughts, worries and memories.

COMMITMENT

Take action to pursue the important things in your life.

SELF AS CONTEXT

Observing self awareness of your thoughts, moods and behaviors.

FROM LIVING IN FEAR

F

Fusion with unhelpful thoughts. Thoughts that you get caught up in.

E

Excessive goals. Goals are too big, you lack the skills, or you lack the resources.

A

Avoidance to discomfort. Unwilling to make room for the discomfort that challenges brings

R

Remoteness from values. Forgetting what is important or meaningful to you.

TO LIVING IN DARE

D

Defusion. Defusing from your thoughts.

A

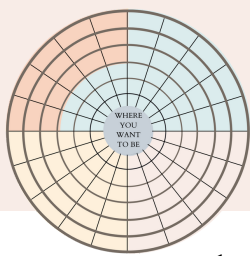
Acceptance of discomfort. Make space for the uncomfortable thoughts and feelings.

R

Realistic goals. What can you do with what you have, where you are?

E

Embracing values. What is important or meaningful about this action? Does it matter? If so why?



VALUES BULLSEYE

INSTRUCTION SHEET

ACT is a behavioral therapy: it's about taking action. There's a significant value component to this model; what do you stand for in life? What matters to you? How do you want to be remembered?

ACT helps you explore your values to realize what matters and drives you in life. Your core values will help guide, motivate, and inspire positive change.

1. IDENTIFY YOUR VALUES

Could you start by identifying your values? What is important to you in your life? Consider the people you most admire, look back at your past experiences, and what makes you happy and proud. What gives you inner peace?

After identifying your values, place them into four domains: work and education, leisure, relationships, personal growth, and health.

Here are a few examples

- **Work/Education:** Fairness, dedication, achievement
- **Leisure:** Joy, experiences, adventure
- **Relationships:** Connection, love, fairness, respect
- **Personal growth/health:** Health, exercise, mindfulness, harmony

2. LOCATE HOW FULLY YOU'RE LIVING YOUR VALUES DAY BY DAY

Place an X on the bullseye according to how you live your values daily. The middle of the bullseye means that every day this value comes into action, The outermost ring, means that you aren't living by your values, and they aren't such a focus for you.

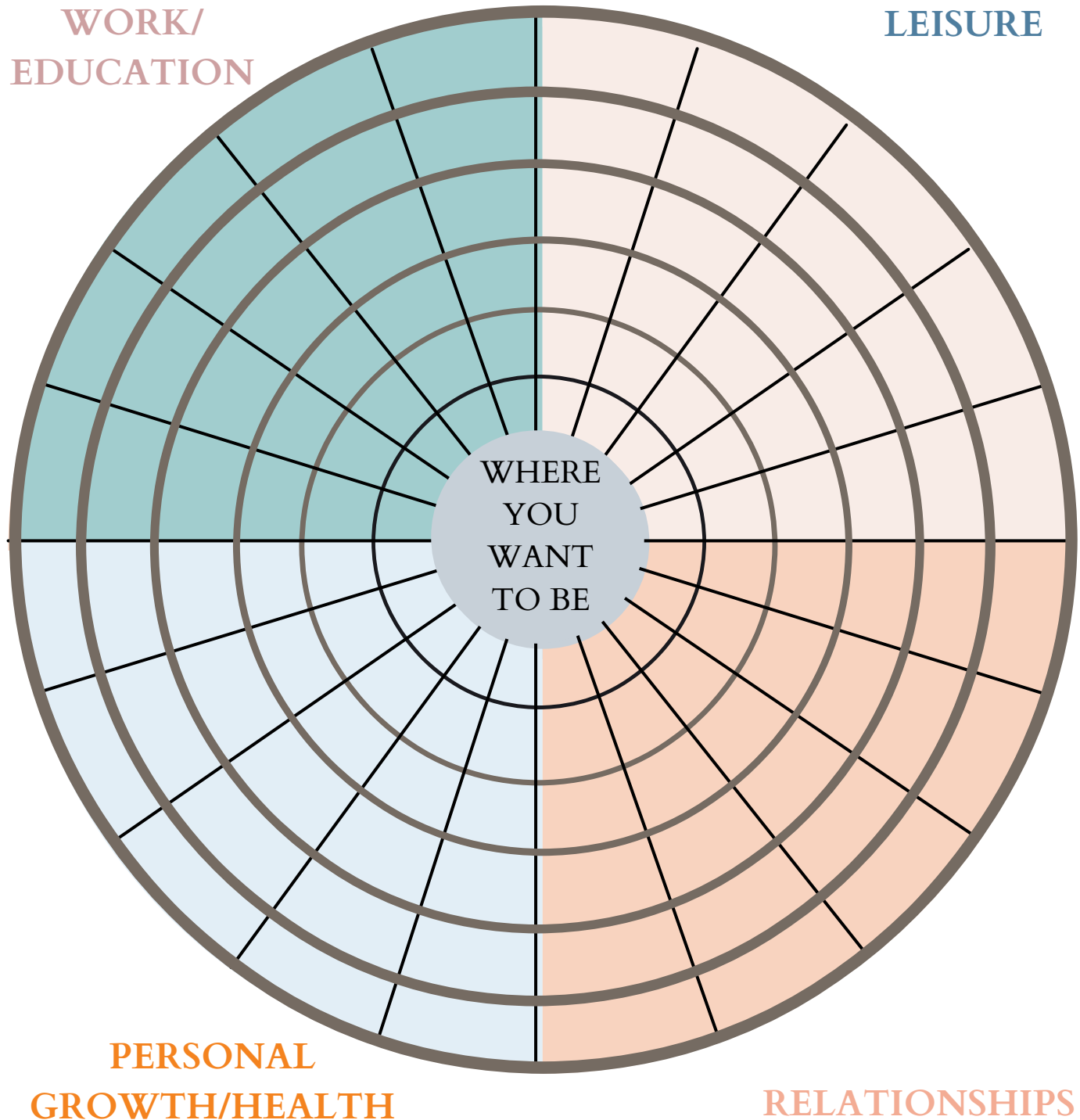
3. MAKE A PLAN FOR LIVING YOUR VALUES

When you look at your bullseye, are you happy with how you are living with your values? do you feel like your real self aligns with your ideal self? (the person that you want to be) if your answer is no, that you're not happy, then it's time to make an action plan to live more by your values and move them towards the center of the bullseye.

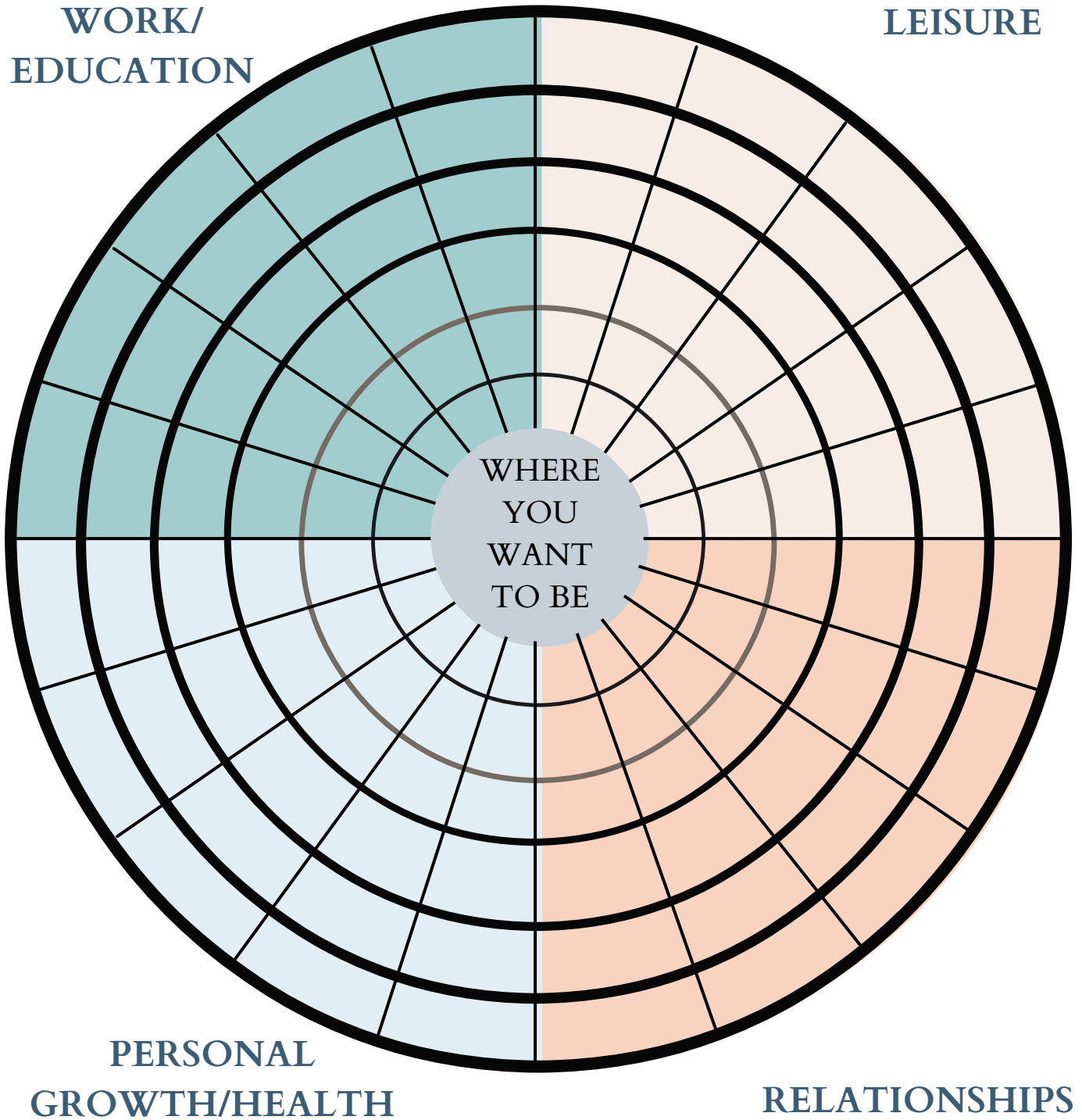
Maybe you need to spend less time with the people bringing you down, perhaps you feel you are in an unhealthy relationship, or perhaps you need to be physically healthier. Whatever it is, it's never too late to plan to align more with your values. When you do this, you will feel inner peace and harmony with who you are.

VALUES BULLSEYE

1. Identify your values
2. Locate how fully you're living your values
3. Make a plan for living your values



VALUES BULLSEYE



VALUES BULLSEYE

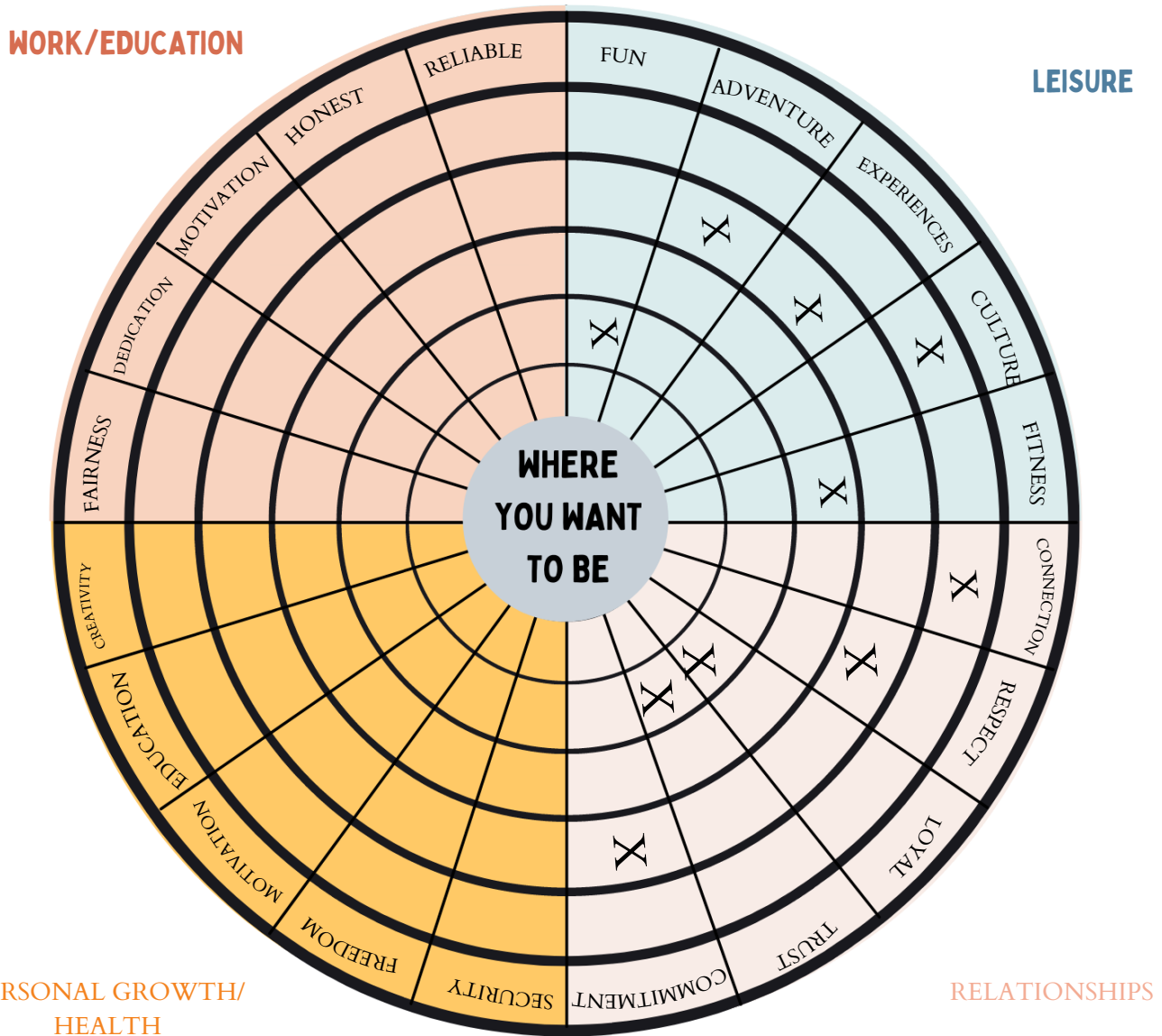
EXAMPLE

WORK/EDUCATION FAIRNESS, DEDICATION,ACHIEVEMENT

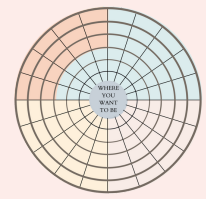
LEISURE FUN, ADVENTURE, EXPERIENCES, JOY, HAPPINESS

RELATIONSHIPS CONNECTION, RESPECT, TRUST, COMMITMENT

PERSONAL GROWTH/HEALTH SECURITY, FREEDOM, MOTIVATION, LEARNING, CREATIVITY



VALUES BULLSEYE



WORK/EDUCATION

Could you fill out the following questions to help you understand your values, what is stopping you from living by your values, and what actions you can take to align with your values?

WORK/EDUCATION

This section is dedicated to your work and education. Write out all the essential things to you with your work and education.

For example, do you have future goals that you are working towards? How do you behave towards fellow workers? Do you value learning, growing, or being a leader?

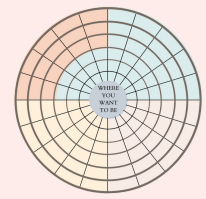
On a scale of 1 - 10, how close are you to living by your work/education values? With 10 being achieving all the time and 1 - not achieving at all.

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1	2	3	4	5	6	7	8	9	10

What do you think is stopping you from living by your values? Is there anything standing in your way?

What can you do to live more by your values, what actions do you need to take?

VALUES BULLSEYE



RELATIONSHIPS

Could you fill out the following questions to help you understand your values, what is stopping you from living by your values, and what actions you can take to align with your values?

RELATIONSHIPS

This section is dedicated to your relationships. Think about all the different relationships you have with people. Friendships, romantic relationships, family, children, co-workers, and anyone you interact with. What is your relationship like with these people? What values are important to you in a relationship?

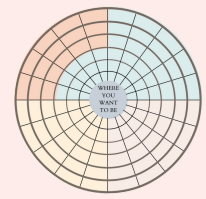
On a scale of 1 - 10, how close are you to living by your relationship values? With 10 being achieving all the time and 1 - not achieving at all.

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VALUES BULLSEYE



LEISURE

Could you fill out the following questions to help you understand your values, what is stopping you from living by your values, and what actions you can take to align with your values?

LEISURE

This section is dedicated to leisure. This includes everything you do in your spare time, hobbies, interests, relaxation, and recreational fun. What brings you joy and happiness? How much time do you need dedicated to this area of your life? Is there anything you have wanted to do or tried but haven't yet?

On a scale of 1 - 10, how close are you to living by your leisure values? With 10 being achieving all the time and 1 - not achieving at all.

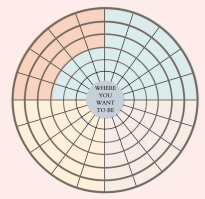
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What do you think is stopping you from living by your values? Is there anything standing in your way?

What can you do to live more by your values, what actions do you need to take?

VALUES BULLSEYE

PERSONAL GROWTH/HEALTH



PERSONAL GROWTH/HEALTH

This section is dedicated to your personal growth and health. This includes your mental health, nutrition, exercise, spirituality, religion, and overall well-being. Is your health important to you?

How do you look after your health? Is there an area that you could improve on?

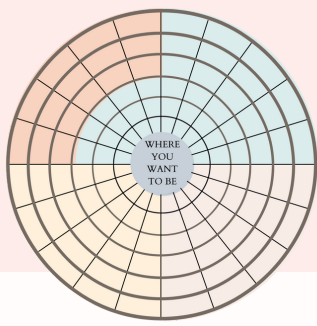
What do you consider personal growth? Do you always try to grow and learn as a person?

On a scale of 1 - 10, how close are you to living by your personal growth/health values? With 10 being achieving all the time and 1 - not achieving at all.

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What do you think is stopping you from living by your values? Is there anything standing in your way?

What can you do to live more by your values, what actions do you need to take?



EXPLORING MY VALUES

What motivates me to get up in the morning?

What did I love doing as a child?

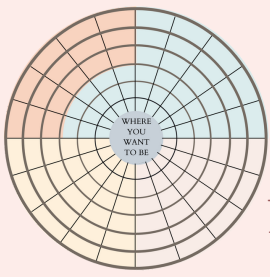
If I could be anyone who would it be, and why?

What is my favourite memory?

When am I the happiest?

What are some of my regrets?

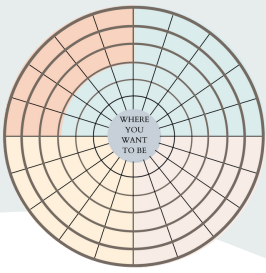
What does my ideal life look like?



My Core Values

Pick any value that you either have or desire to have

- | | | | |
|---------------------------------------|---------------------------------------|--------------------------------------|--------------------------------------|
| <input type="checkbox"/> Organized | <input type="checkbox"/> Adventurous | <input type="checkbox"/> Passionate | <input type="checkbox"/> Giving |
| <input type="checkbox"/> Respectful | <input type="checkbox"/> Honest | <input type="checkbox"/> Reliable | <input type="checkbox"/> Authentic |
| <input type="checkbox"/> Committed | <input type="checkbox"/> Loyal | <input type="checkbox"/> Positive | <input type="checkbox"/> Ambitious |
| <input type="checkbox"/> Sharing | <input type="checkbox"/> Fair | <input type="checkbox"/> Inquisitive | <input type="checkbox"/> Power |
| <input type="checkbox"/> Transparency | <input type="checkbox"/> Enthusiastic | <input type="checkbox"/> Careful | <input type="checkbox"/> Reflective |
| <input type="checkbox"/> Clean | <input type="checkbox"/> Diversity | <input type="checkbox"/> Patient | <input type="checkbox"/> Successful |
| <input type="checkbox"/> Ethical | <input type="checkbox"/> Motivated | <input type="checkbox"/> Independent | <input type="checkbox"/> Connection |
| <input type="checkbox"/> Cooperative | <input type="checkbox"/> Determined | <input type="checkbox"/> Curiosity | <input type="checkbox"/> Equality |
| <input type="checkbox"/> Unique | <input type="checkbox"/> Trustworthy | <input type="checkbox"/> Confident | <input type="checkbox"/> Inspired |
| <input type="checkbox"/> Traditional | <input type="checkbox"/> Productive | <input type="checkbox"/> Graceful | <input type="checkbox"/> Persistent |
| <input type="checkbox"/> Brave | <input type="checkbox"/> Empathetic | <input type="checkbox"/> Determined | <input type="checkbox"/> Selfless |
| <input type="checkbox"/> Present | <input type="checkbox"/> Forgiving | <input type="checkbox"/> Kind | <input type="checkbox"/> Tolerant |
| <input type="checkbox"/> Attentive | <input type="checkbox"/> Useful | <input type="checkbox"/> Strong | <input type="checkbox"/> Optimistic |
| <input type="checkbox"/> Peace | <input type="checkbox"/> Health | <input type="checkbox"/> Wealth | <input type="checkbox"/> Popularity |
| <input type="checkbox"/> Perfection | <input type="checkbox"/> Fearless | <input type="checkbox"/> Grateful | <input type="checkbox"/> Love |
| <input type="checkbox"/> Dedicated | <input type="checkbox"/> Security | <input type="checkbox"/> Fun | <input type="checkbox"/> Risk Taking |



ACTION PLAN

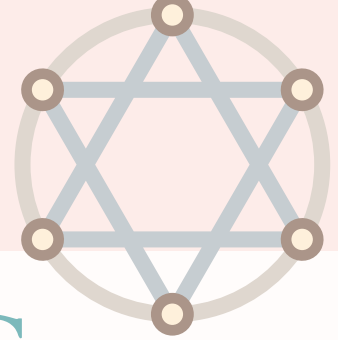
**THE VALUE
THAT I
WANT TO
IMPROVE**

**HOW CAN I
IMPROVE
THIS VALUE?
1**

**HOW CAN I
IMPROVE
THIS VALUE?
2**

**HOW CAN I
IMPROVE
THIS VALUE?
3**

5-4-3-2-1



GROUNDING TECHNIQUE

The five senses technique is a great way to practice mindfulness and stay present in the moment.

Take a deep breath and identify

- 5 Things you can FEEL
- 4 Things you can SEE
- 3 Things you can HEAR
- 2 Things you can SMELL
- 1 Thing you can TASTE

5-4-3-2-1

GROUNDING TECHNIQUE

Write or draw what your senses can identify

5
Things you
can
FEEL

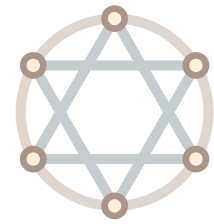
4
Things you
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3
Things you
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HEAR

2
Things you
can
SMELL

1
Thing you
can
TASTE

SENSES



SHIFT THE FOCUS FROM YOUR MIND ONTO SOMETHING ENTIRELY DIFFERENT

VISION

Stimulate your eyes. Go for a walk through the park, cut out some interesting pictures from a magazine, and look at some art.
Could you list some other ways you can stimulate your eyes and vision?

HEARING

Go outside and listen to the birds, the wind, or even the waves at the beach. Listen to your favorite music or play an instrument.
Could you list some other ways you can stimulate your hearing?

SMELL

Light some candles or smell some essential oils. Cook your favorite meal. Go outside and smell the flowers or the fresh air.
Could you list some other ways you can stimulate your sense of smell?

TASTE

Eat something yummy. Take your time and focus on tasting every bit of flavor. Feel the different textures in your mouth.
Could you list some other ways you can stimulate your taste buds?

TOUCH

Feel your favorite blanket and piece of fabric.
Pat your cat or dog, go outside, pick up different objects from the tree, and feel all the different textures.
Could you list some other ways you can stimulate your sense of touch?

GET IT ALL OUT

Many of us struggle with overthinking and worrying thoughts from time to time. This simple productivity tool lets you write down all your overwhelming thoughts. You can just download your thoughts to help clear up space in your mind to make way for fresh, new thoughts and ideas.

WHAT THOUGHTS AM I HAVING?

WHAT DO I NEED TO ACCOMPLISH TODAY?

WHAT AM I GRATEFUL FOR TODAY?

WHAT ARE MY TOP PRIORITIES FOR TODAY?

WHAT AM I PROCRASTINATING ABOUT?

HOW AM I FEELING?

GROWTH MINDSET

ACCEPTANCE

Change your mindset - change your life

TYPICAL
THOUGHT

ACCEPTANCE

I DON'T THINK I
CAN DO IT

I'LL KEEP
TRYING

I DON'T KNOW
HOW TO DO IT

I'LL FIGURE OUT
A DIFFERENT
WAY

I DON'T LIKE
CHALLENGES

CHALLENGES
HELP ME GROW

THIS IS TOO
HARD

IF I KEEP
PRACTICING, IT
WILL GET EASIER

I'M NOT SMART
ENOUGH

I'LL GIVE IT MY
BEST EFFORT

I ALWAYS MAKE
MISTAKES

I CAN LEARN
FROM MY
MISTAKES



RADICAL ACCEPTANCE

COPING STATEMENTS

FIGHTING THE PAST ONLY BLINDS MY PRESENT

I CAN HANDLE WHAT IS IN FRONT OF ME AS IT IS

LIFE IS WORTH LIVING, EVEN IF I AM IN PAIN

EVERYTHING THAT HAS HAPPENED IN THE PAST,
HAS LED UP TO THIS POINT NOW

I CAN LIVE IN THE PRESENT, DESPITE THE PAIN I
AM EXPERIENCING

I CAN SURVIVE THE PRESENT, EVEN IF I AM
UNHAPPY WITH WHAT IS HAPPENING

THE PRESENT IS THE RESULT OF SO MANY THINGS
THAT HAS ALREADY HAPPENED

I CAN'T CHANGE WHAT HAS HAPPENED IN THE
PAST

I CAN LEARN FROM THE PAST TO SOLVE MY
PRESENT AND FUTURE PROBLEMS

ACCEPTANCE ALLOWS ME TO BE FREE FROM THE
SHACKLES OF DENIAL

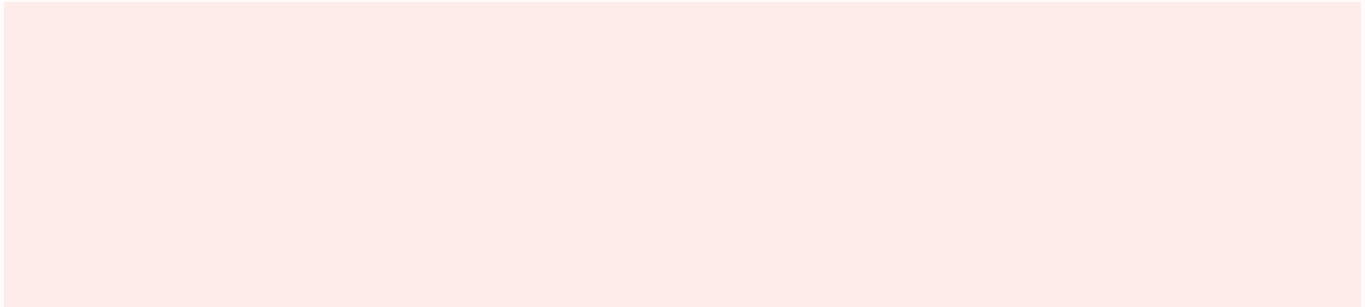
MY PAST DOES NOT DEFINE MY FUTURE

HOW I REACT IN THIS MOMENT IS ALL I HAVE
CONTROL OVER

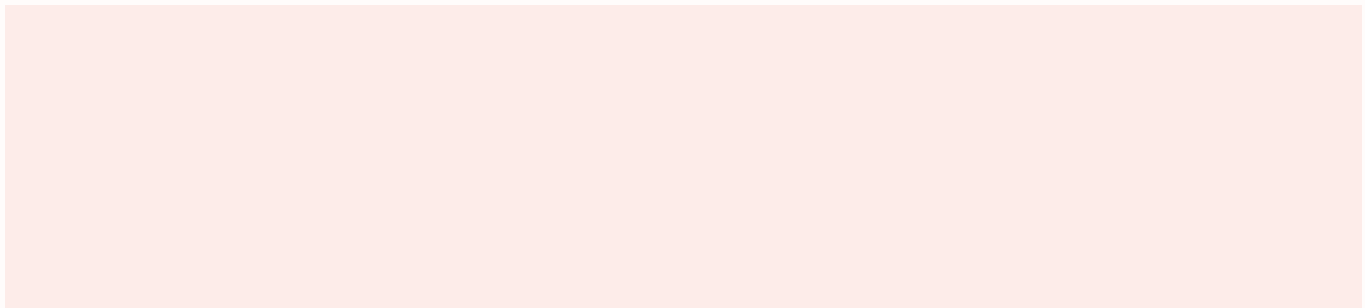
I SEE THE PRESENT MOMENT FOR WHAT IT IS

PROBLEM SOLVING WORKSHEET

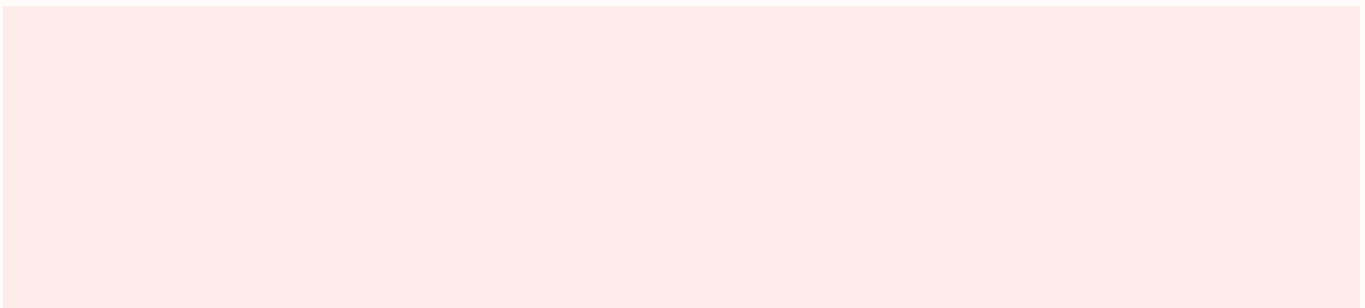
DEFINE THE PROBLEM IN DETAIL. WHO, WHAT, WHERE, WHEN, HOW AND WHY?



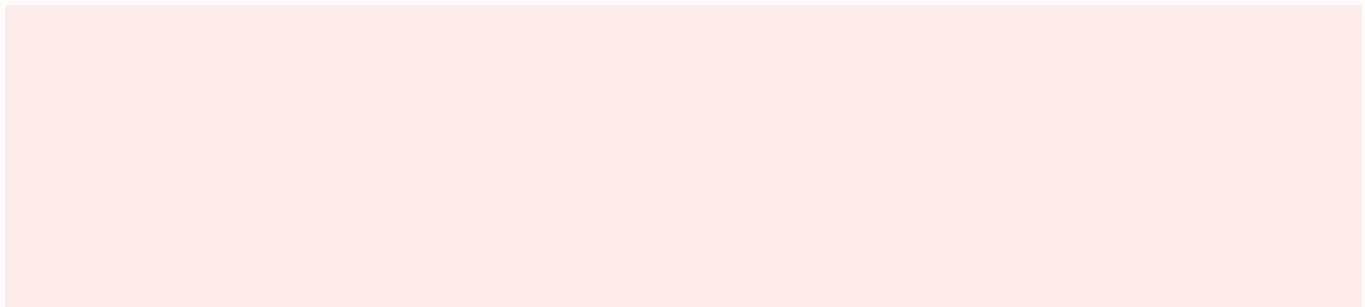
WHAT DO YOU WANT TO CHANGE?



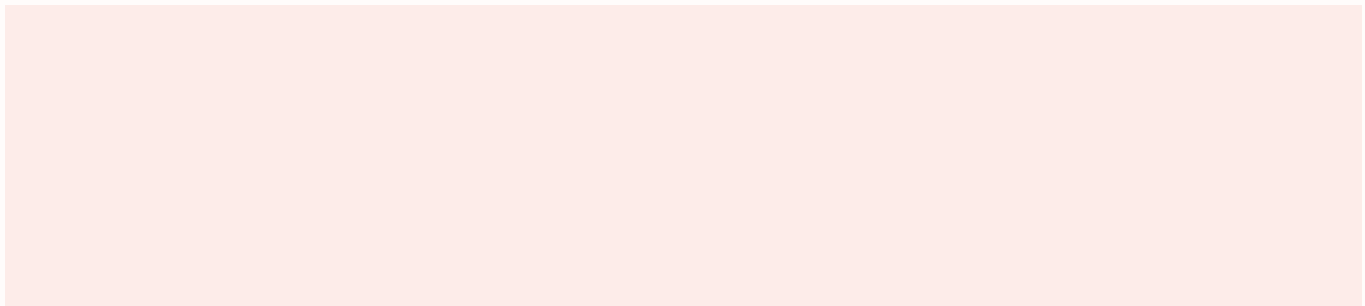
WHAT SOLUTION DID YOU USE AND WAS IT EFFECTIVE. IF SO, HOW?



HOW WAS YOUR SOLUTION NOT EFFECTIVE? WHY?



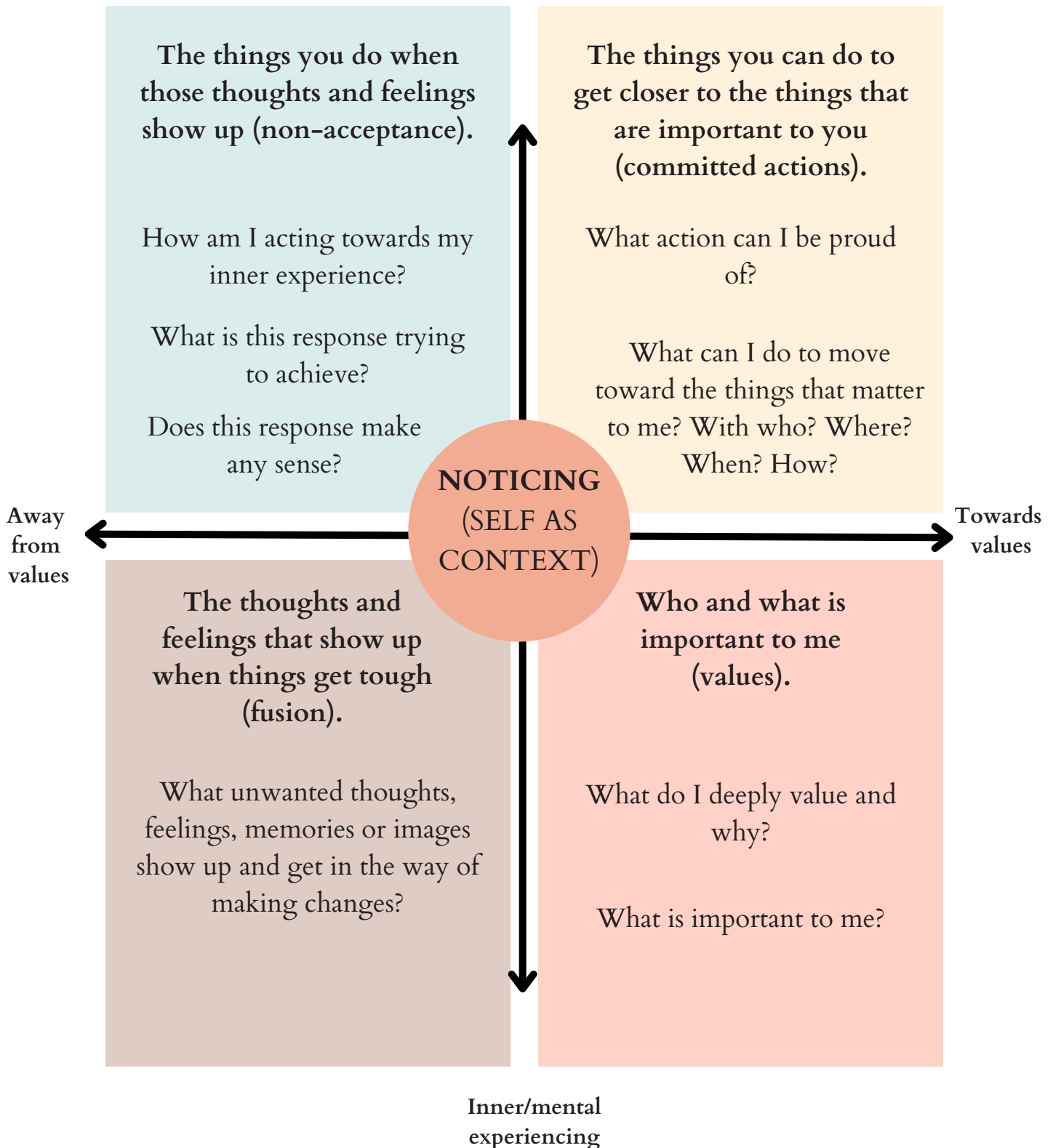
HOW COULD YOU HANDLE THE PROBLEM BETTER NEXT TIME?



ACCEPTANCE MATRIX

The matrix is a tool that helps to build psychological flexibility through mindfulness, self-awareness and valued living.

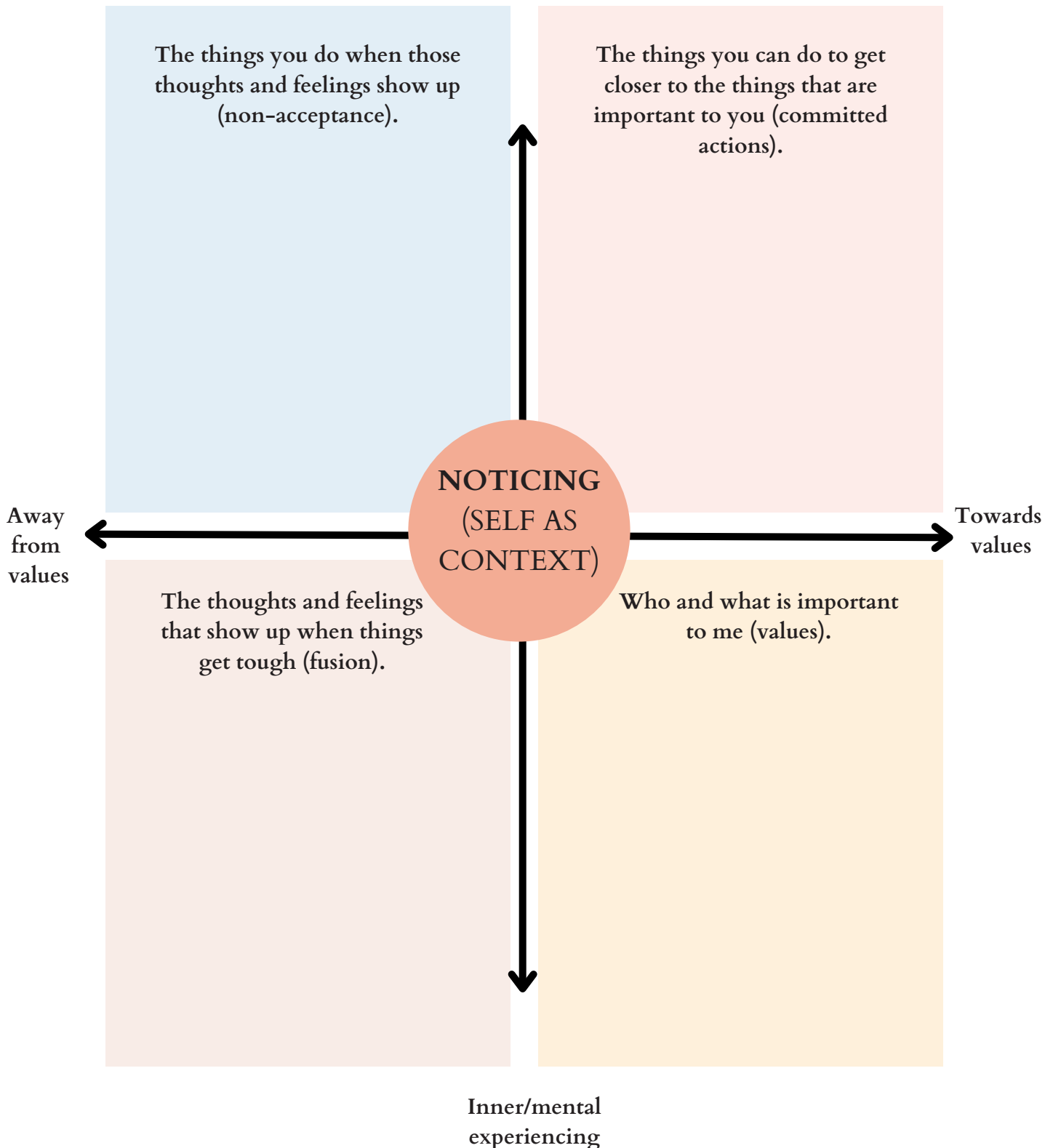
5 senses - Experiencing



ACCEPTANCE MATRIX

The matrix is a tool that helps to build psychological flexibility through mindfulness, self-awareness and valued living.

5 senses - Experiencing



FUSION VS DEFUSION

THOUGHTS: Believe them, struggle with them, or simply notice them.

"I accept that my thought is here"

"I'm noticing my thought and that is ok"

"There I go having silly thoughts again"

"I'm such a loser"

"Everyone is going to laugh at me"

"I can't do it"

FUSION

Entangled with our thoughts. We focus our attention on the contents of our mind (our thoughts, memories, assumptions, beliefs, images).

DEFUSION

Notice your thoughts while holding them lightly. Observe your thoughts and see them for what they are – just products of your busy mind.

ACCEPTANCE AND COMMITMENT THERAPY

A

Accept your reactions and be present

C

choose a valued direction

T

Take action

Identify the activating event	Identify the unhelpful thought	Accept your reactions	Chooses a direction that you value the most	Take action

COPING STATEMENTS

Coping statements to help you practice radical acceptance.
Give it a go.

THE PAST IS TOO
PAINFUL



I CAN LIVE IN THE
PRESENT, DESPITE THE
PAIN I AM EXPERIENCING

MY ANXIETY IS
OUT OF CONTROL



I CAN STILL MOVE
FORWARD EVEN WITH
MY ANXIETY

I'M ALWAYS
MAKING MISTAKES



I AM FEELING
ANXIOUS



I AM FEELING
FEARFUL



THEY ARE UPSET
WITH ME



I AM A LOSER





RAIN TECHNIQUE



R

Recognize what is happening.

Consciously acknowledge your thoughts, feelings, and behaviors that are affecting you.

"I have butterflies in my tummy and am feeling nervous."

A

Allow life to be just as it is.

Let your thoughts, emotions, feelings, or sensations you have recognized be there.

Pause and relax your body.

I

Investigate with kindness.

Pause and ask, what is happening inside me? How am I experiencing this in my body? Or What am I believing? What does this feeling want from me?

N

Non-identification, you are not the emotion.

Your sense of who you are is not fused with limiting emotions, sensations, or stories.