

A Bunch of Choice Points

If you're not familiar with the choice point, either:

a) read this chapter from ACT Made Simple 2nd edition - see pages 9 to 14:

https://drive.google.com/file/d/1fYvLvt4fsfu6l9lIPfQH2VsLrx0Sxv_A/view?usp=sharing

or b) watch this YouTube animation:

<https://www.youtube.com/watch?v=OV15x8LvwAQ>

In the next few pages, you'll find several versions of the choice point. Page 2 is a 'catch all' version, with minimal explanatory text, you can use for any purpose.

Page 3, in contrast, has a lot of explanatory text.

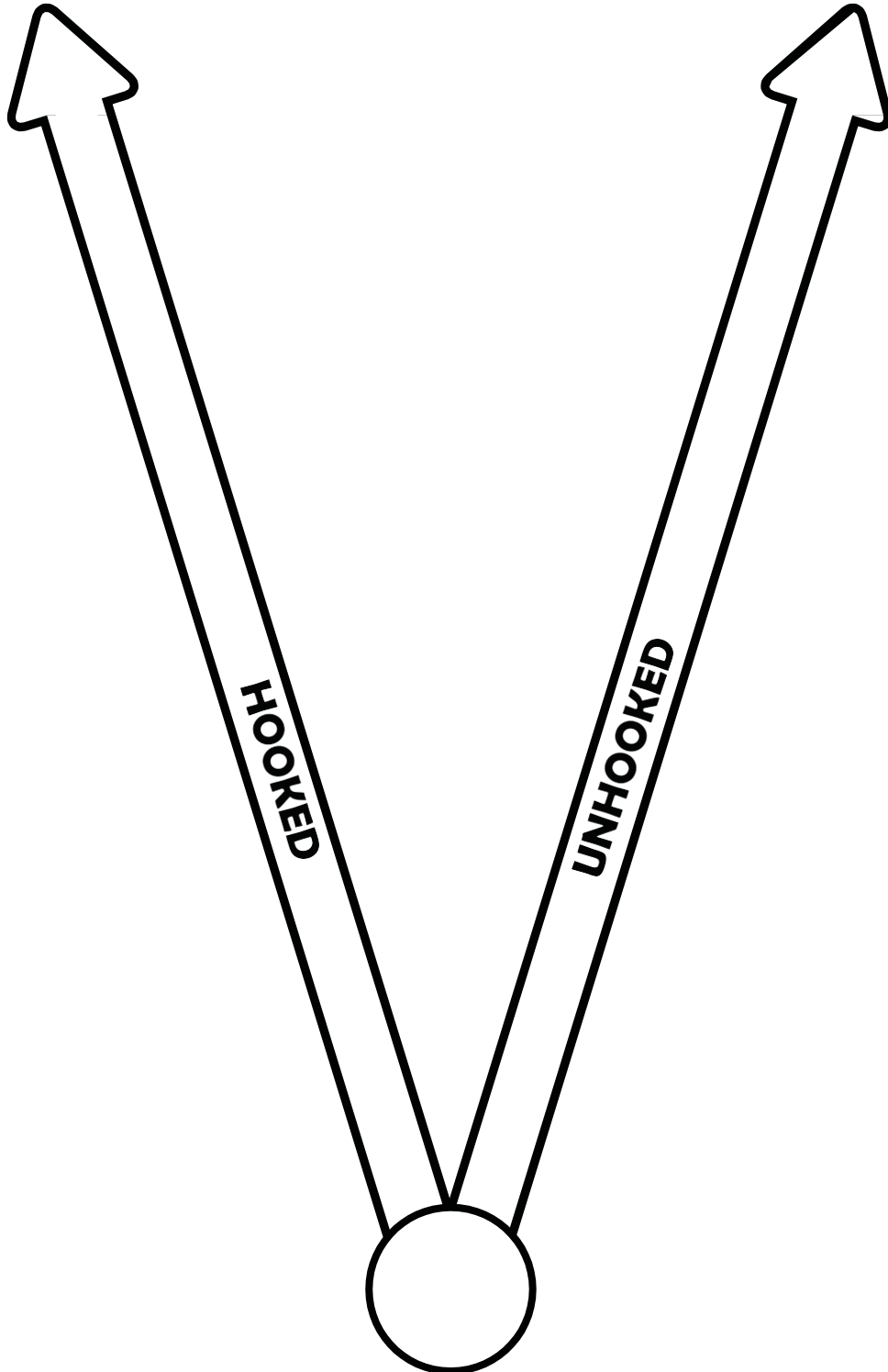
Page 4, 5, 6, 7 are more specific - designed for use with particular issues, e.g. relationship difficulties, or to achieve a specific goal/complete a difficult task.

Page 8 is useful for formal 3-part functional analysis: antecedents go at the bottom, behaviour on the arrow, and reinforcing consequences ("payoffs") up top.

And the final page is useful for safety plans, relapse prevention plans, and crisis coping plans.

AWAY

TOWARDS



Situation(s)
Thoughts & Feelings

AWAY

Acting ineffectively,
behaving unlike the
sort of person you
want to be.

TOWARDS

Acting effectively,
behaving like the
sort of person you
want to be.

HOOKED

UNHOOKED

HELPERS

Who do you care about?
What matters to you?
What activities and areas of life
are important?
Values, Goals, Strengths, Skills.

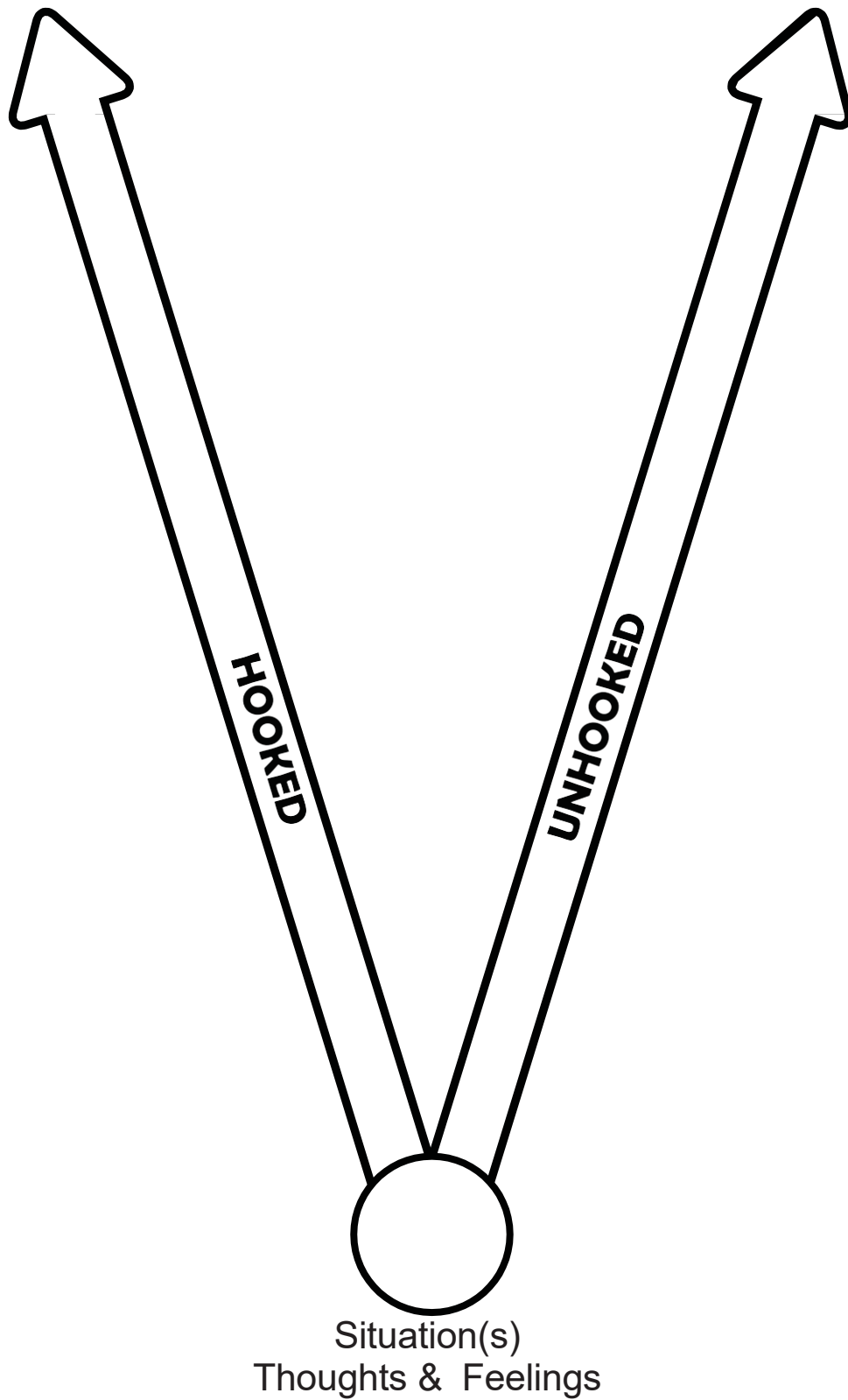
“Hooked” means my thoughts & feelings
dominate me; they hook me and reel me
in; jerk me around like a puppet on a
string, push and pull me into ineffective
types of behaviour

When I unhook from my thoughts and
feelings, they no longer jerk me
around. They lose their impact and
influence over me. This makes it
easier to choose how I behave.

Situation(s)
Thoughts & Feelings

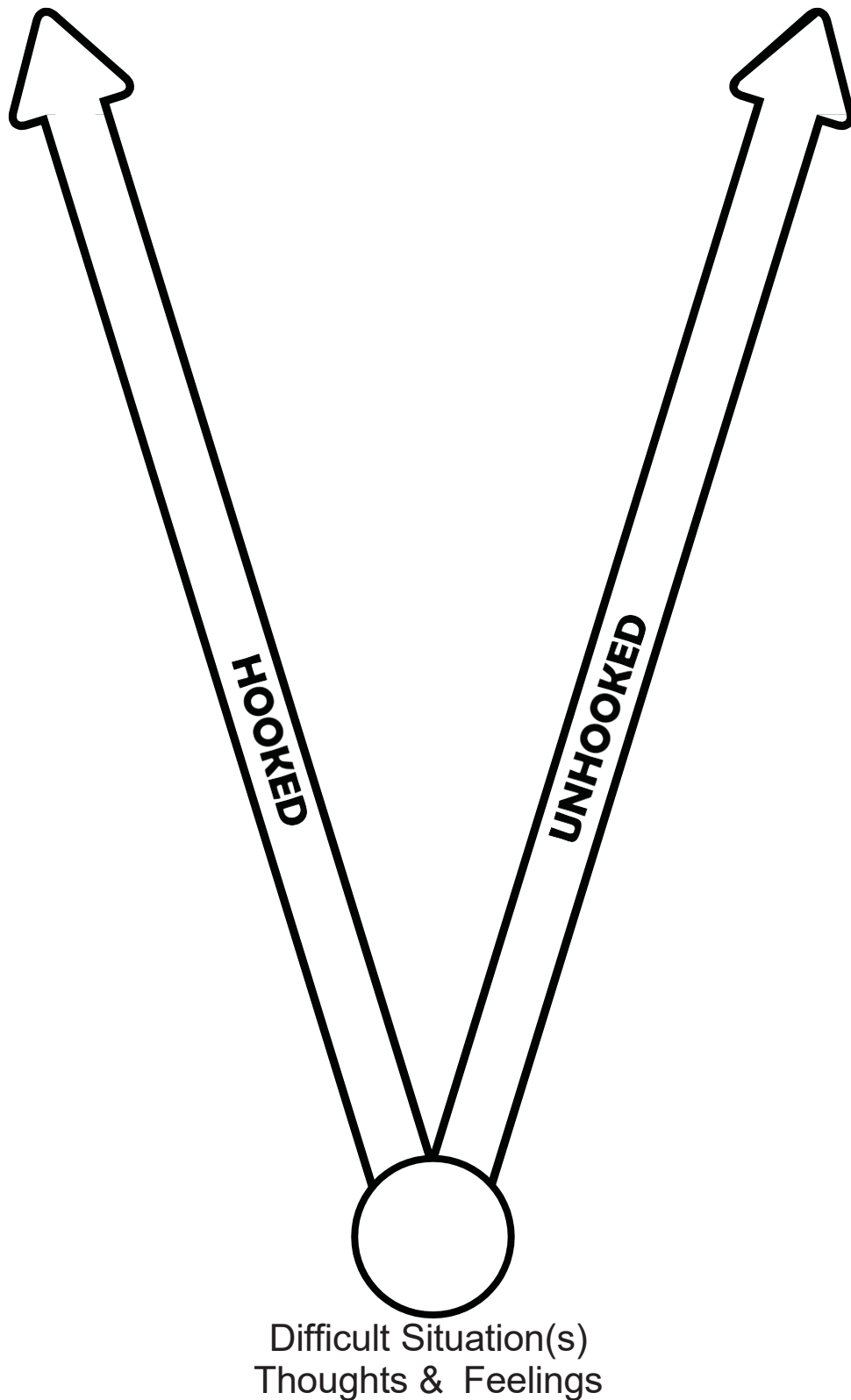
AWAY: Takes you away
from the life you want to
build

TOWARDS: Takes you
toward the life you
want to build



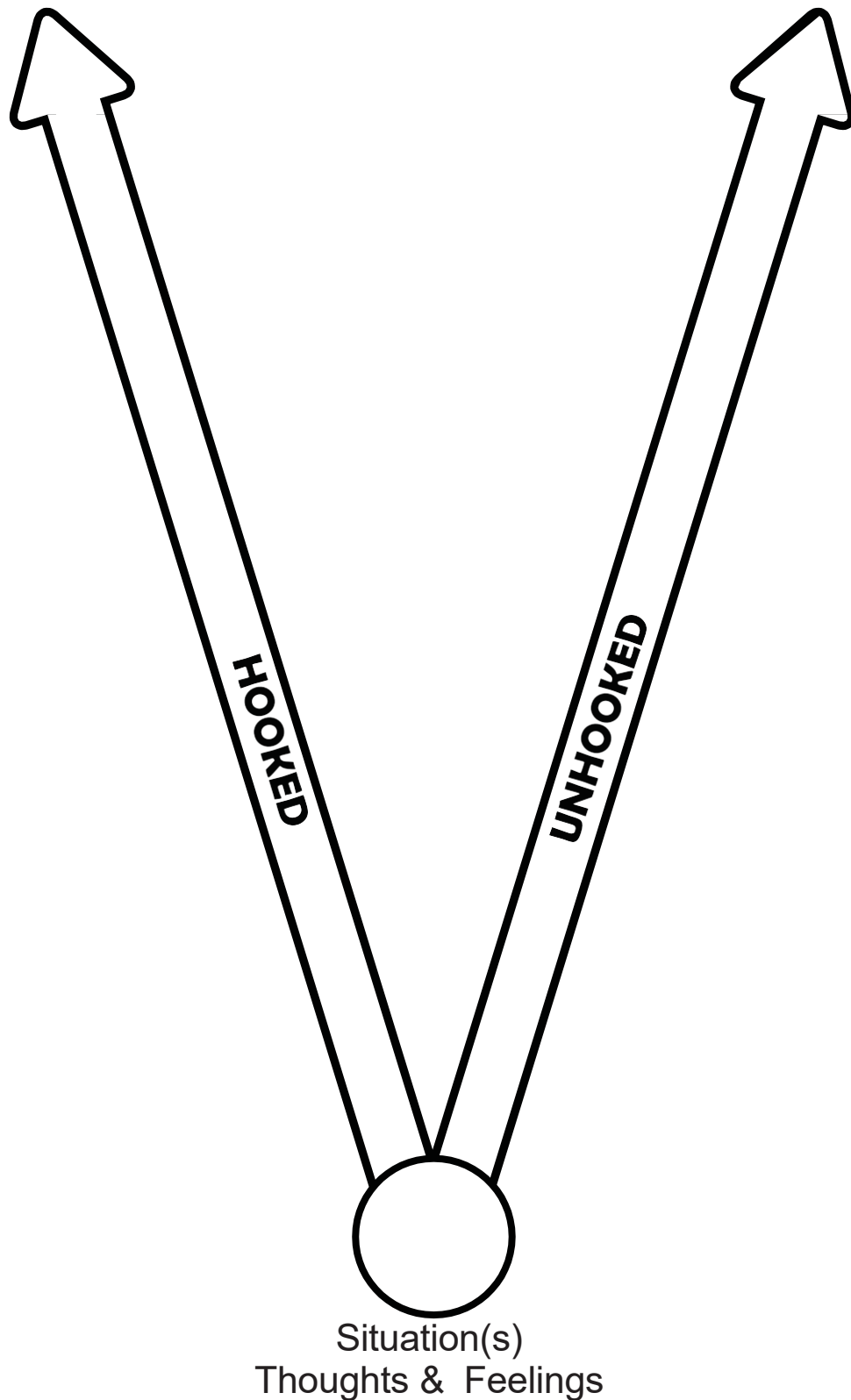
AWAY: Takes you away
from the relationship you
want to build

TOWARDS: Takes you
toward the relationship
you want to build



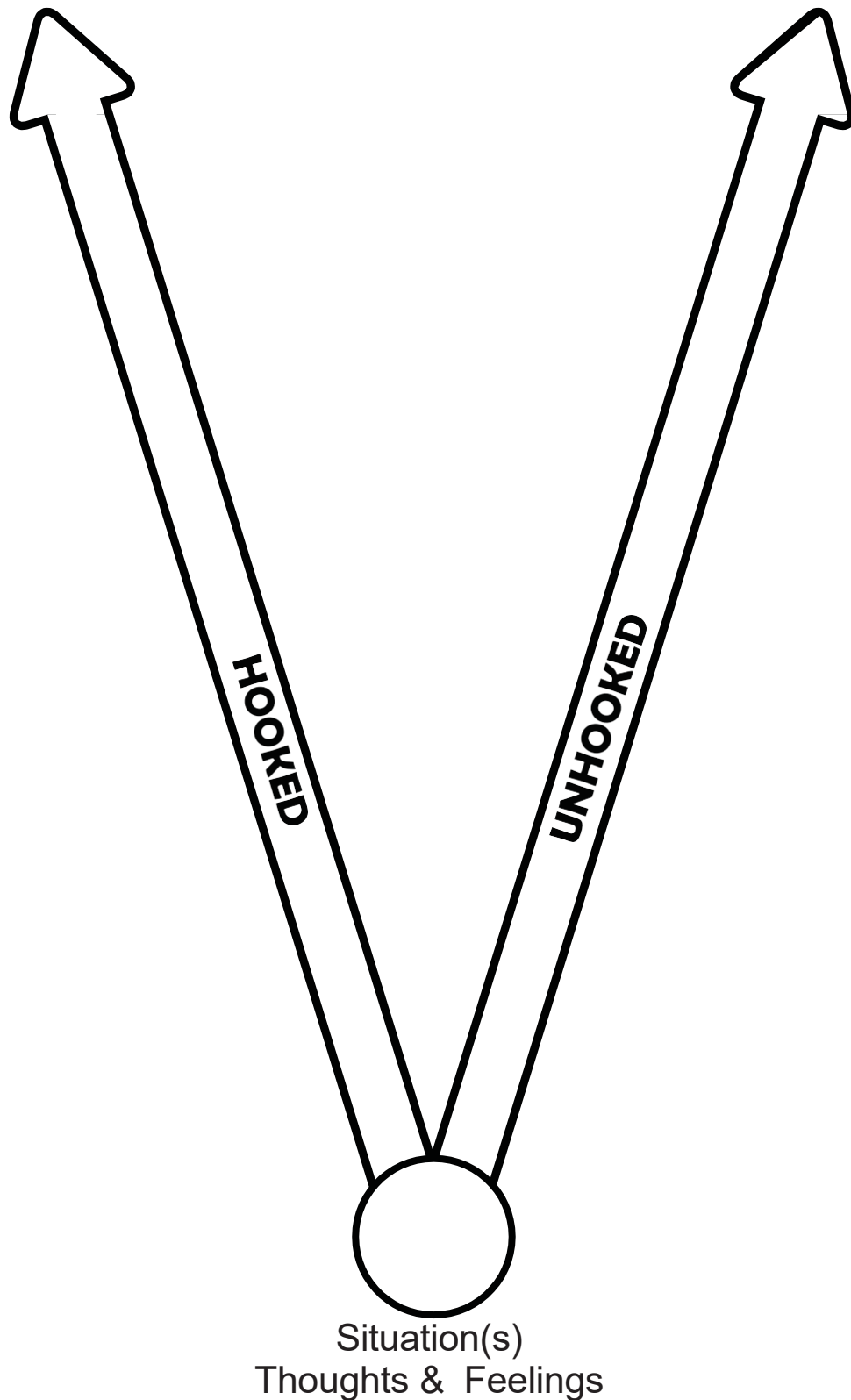
AWAY: Takes you away from the group or community you want to build or belong to

TOWARDS: Takes you toward the group or community you want to build or belong to



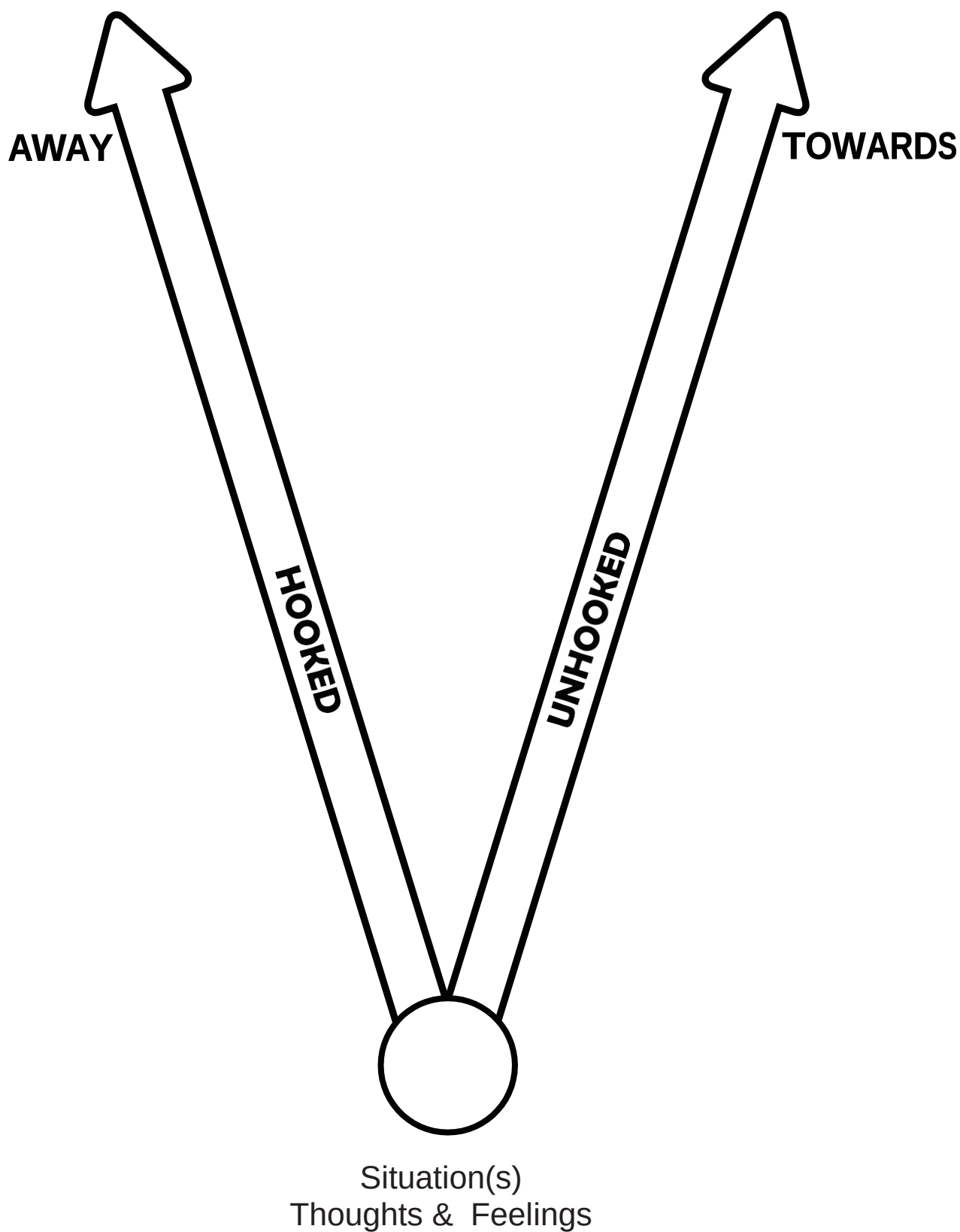
AWAY: Takes you away from the goal you want to achieve or task you want to do

TOWARDS: Takes you toward the goal you want to achieve or task you want to do



Payoffs: What does this help you escape or avoid? What do you get or gain from it?

Payoffs: What does this help you escape or avoid? What do you get or gain from it?



Safety Plans, Relapse Prevention, & Crisis Coping

On the next page, there's a choice point you can easily use as a guide to create a safety, relapse prevention or crisis-coping plan.

At the top: a) names and contact numbers of professional sources of help – e.g. doctor, therapist, hospital, crisis line, support service and b) names and contact numbers of friends, family and others (e.g. neighbour or sponsor) you can talk to or ask for help.

At the bottom of the choice point: likely triggers for suicidality, relapse, or crisis. Include situations, thoughts, feelings, emotions, memories, sensations, urge

On the away arrow: overt and covert problematic behaviours, to be alert for. E.g. in a safety plan, suicidal ideation, suicide threats, suicide planning, suicide attempts. In a relapse plan, the addictive behaviour(s) in question (e.g. drug use, alcohol use, gambling) and/or fantasising about doing them.

Towards arrow, bottom: HELPERS (Often called 'reasons to live' or 'reasons to abstain'.) Values & values-congruent goals; important people and activities and domains of life; important beliefs or ideas that sustain towards moves.

Towards arrow, middle: SKILLS (Unhooking, Self-caring, Self-kindness): Useful mindfulness skills (e.g. dropping anchor, urge- surfing, defusion, acceptance) self-compassion skills (e.g. kind self-talk, kind self-touch, kind deeds), and self-care skills (e.g. self-soothing, assertiveness, communication, problem-solving, action-planning). As therapy progresses, add new skills that are developed.

Towards arrow, near top: SAFE ENVIRONMENT. What you can bring in or remove from the environment to make it safer. E.g. remove drugs, alcohol, guns, poisons. E.g. bring in a friend, a pet, self-help resources such as books, recordings, music. In some cases, will need to leave the environment; so specify safer environments to move to.

Towards arrow, top: EMERGENCY. If all else fails, emergency contacts: names, numbers, and locations – e.g. crisis line, hospital A&E, or support person who can be relied on in an emergency.

Professional Help (Names and contact numbers):

Friends & Family Help: (Names and contact numbers):

