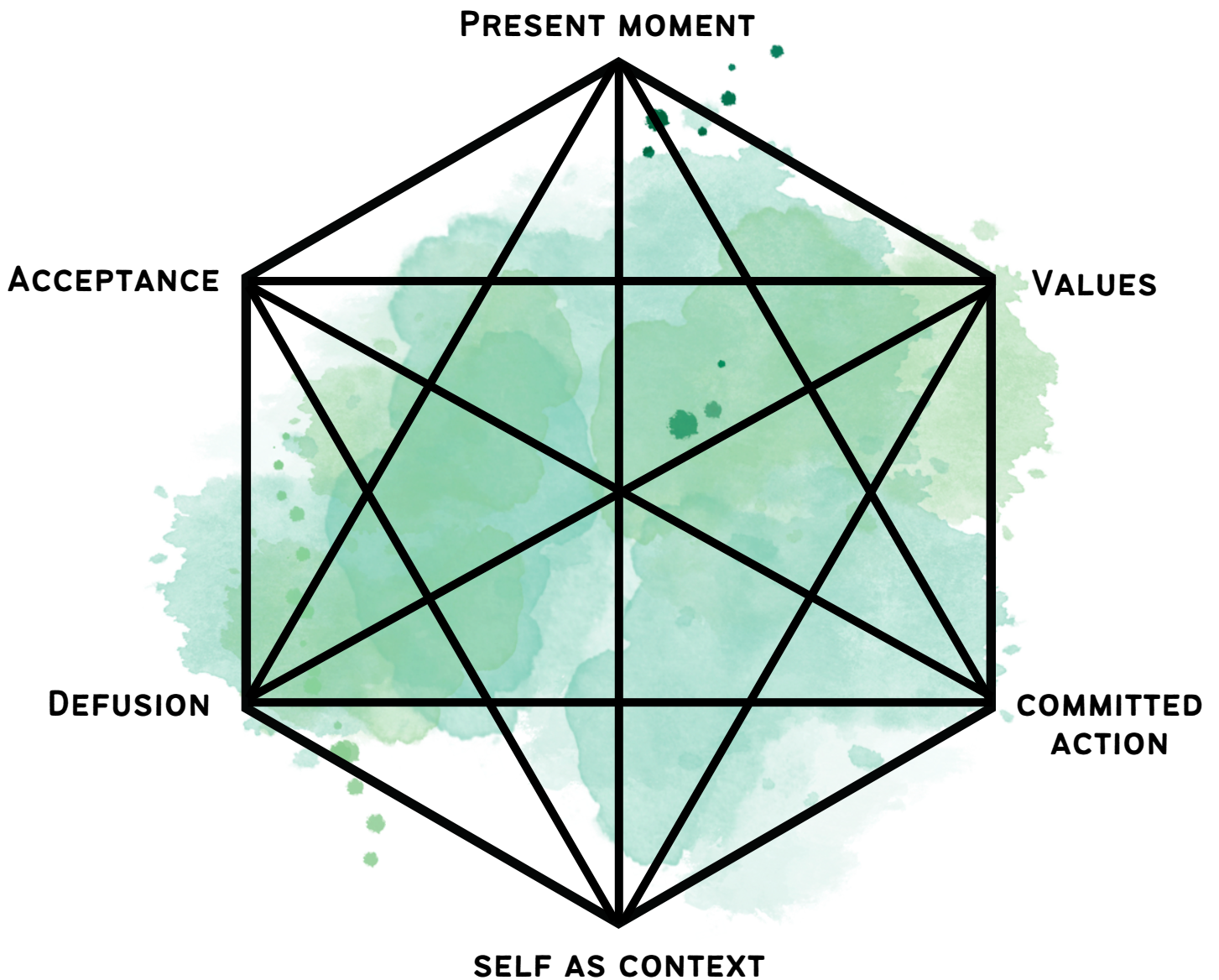


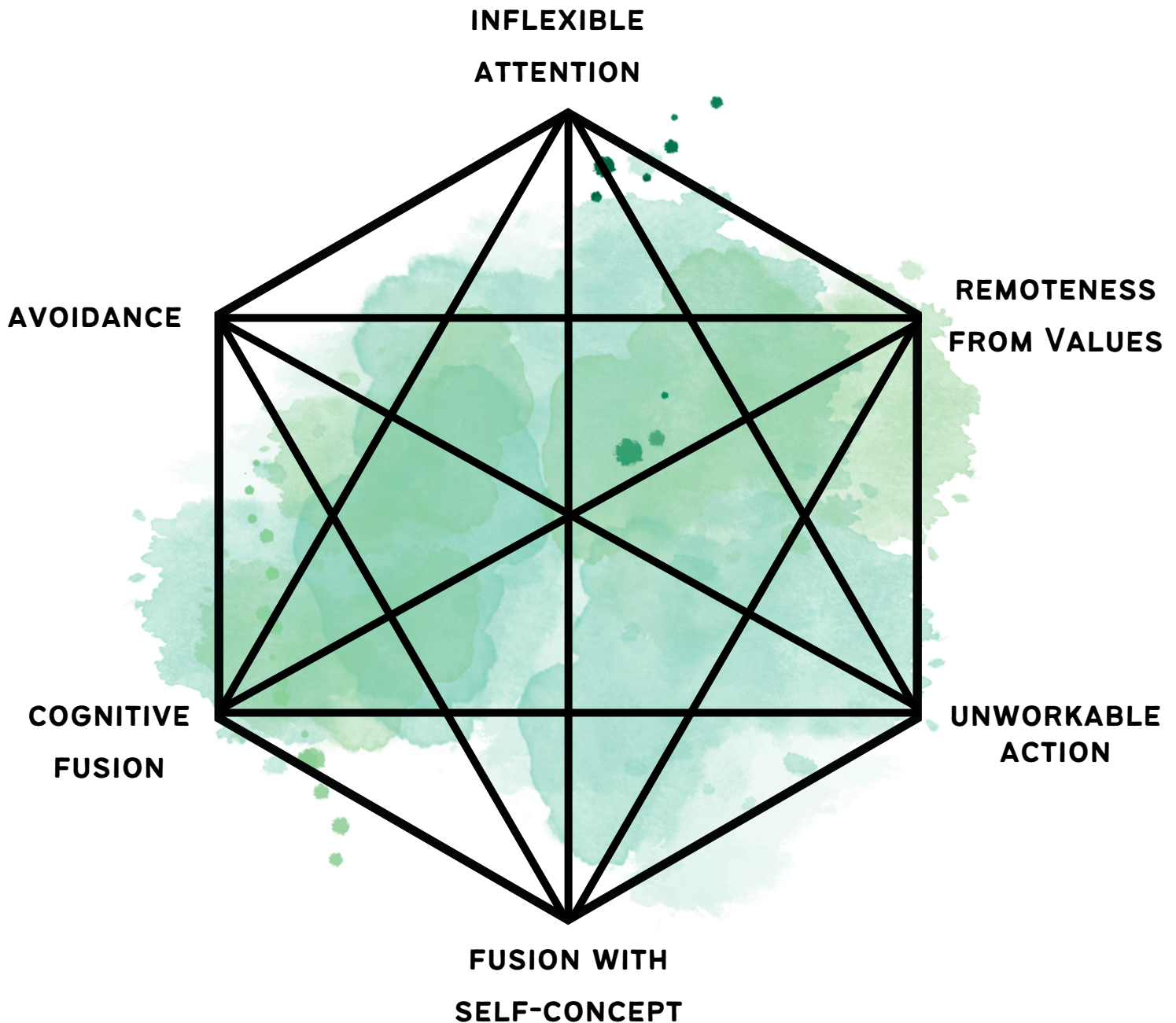


TOOLKIT

Psychological flexibility



Psychological rigidity



The choice point

AWAY

TOWARDS

Unworkable action

Workable action



Situation, thoughts, feelings

A large, abstract watercolor splash in various shades of green and teal serves as the background for the text. The splash is centered and has a soft, painterly texture. Small, dark green dots are scattered around the edges of the main splash, particularly towards the top and bottom.

Acceptance

Emotional

CONTROL STRATEGIES

What are the main thoughts, feelings, sensations, memories, emotions, urges that you do not want?

Connect the DOTS!

D - DISTRACTION

What do you do to distract yourself from, or 'take your mind off' painful thoughts & feelings? (e.g. movies, TV, internet, books, computer games, exercise, gardening, gambling, food, drugs, alcohol)

O - OPTING OUT

What important, meaningful or life-enhancing activities, events, tasks, challenges, or people, do you avoid, quit, escape, procrastinate, or withdraw from? (If they're not important, meaningful or life-enhancing, then opting out is no problem!)

T- THINKING STRATEGIES

How do you try (consciously or not) to think your way out of pain? Tick any of the following that you have ever done, and write in any others that aren't included: Worrying; Dwelling on the past; Fantasizing about the future; Imagining escape scenarios (e.g. leaving your job or your partner) or revenge scenarios; Thinking to yourself 'It's not fair ...' or 'If only'; Blaming yourself, others, or the world; Talking logically and rationally to yourself; Positive thinking; Positive affirmations; Judging or criticizing yourself; Giving yourself a hard time; Analyzing yourself (trying to figure out 'Why am I like this?'); Analyzing the situation (trying to figure out why this happened); Analyzing others (trying to figure out why they are like this); Planning; Strategizing; Constructive problem-solving; Making To Do lists; Repeating inspirational sayings or proverbs; Challenging or disputing negative thoughts; Telling yourself 'This too shall pass' or 'It may never happen'. Other thinking strategies:

S – SUBSTANCES & OTHER STRATEGIES

What Substances do you use put into your body to avoid or get rid of pain: foods, drinks, cigarettes, recreational drugs, naturopathic & herbal remedies, over-the-counter & prescription medications? Any other Strategies you ever use in response to unwanted thoughts and feelings?

Emotional

CONTROL STRATEGIES

Control strategy

What does it cost?

Does it work on the long run?

A large, irregular watercolor splash in shades of green and teal serves as a background for the text. The splash has a textured, painterly appearance with various tones of green and some darker spots. The word "Defusion" is written in a bold, black, cursive script across the middle of the splash. The letters are thick and have a slightly rough, hand-drawn quality. The word is positioned diagonally, starting from the bottom left and moving towards the top right. The background is a plain, light cream color.

Defusion

6 TYPES OF *cognitive fusion*

- **Fusion with past**
 - Rumination, regret, dwelling on painful memories
 - Resentment
 - Idealizing the past
- **Future**
 - Catastrophising, worrying
 - Losing hope
 - Concentrating on possible failure, rejection, hurt, loss etc.
- **Self-concept**
 - Negative OR positive self judgement
 - Labels
- **Reasons** – why I can't do it
 - I'm too...
 - ... might happen
 - I am...
- **Rules**
 - Must/should statements
- **Judgments**
 - About the past or future
 - Self and others
 - Our own thoughts and feelings
 - Our body, behaviour, life
 - The world, places, people, objects, events etc.

Defusion techniques

CLASSICS

- I'm having the thought that...
- Say it in a silly voice or sing it
- Here it is again... The ... Story
- Hands as thoughts
- Passengers on the bus
- Thank your mind
- How old is that story?

MY MIND IS LIKE...

- a "don't get killed" machine
- a word machine
- radio "doom and gloom"
- a masterful salesperson
- the world's greatest storyteller
- a fascist dictator
- a judgment factory

FORM AND LOCATION

What does that thought look like?
How big is it? What does it sound like? Your voice or someone else's?
Close your eyes and tell me, where is it located in space? Is it moving or still? If moving, in what direction and at what speed?

WORKABILITY

If you let that thought dictate what you do and hook you, where does it take you: toward or away from the life you want? If you let this thought guide or advise you, will that help you to behave like the person you want to be?

NAMING THE STORY

If all these thoughts and feelings were put into a book or movie, titled "the something something story," what would you call it? Each time this story shows up, name it: "Aha, there's the XYZ story again!"

COMPUTER SCREEN

Imagine this thought on a computer screen. Change the font, color, and format. Animate the words. Add in a bouncing ball.

MEDITATIVE

Let your thoughts come and go like: passing clouds, cars driving past your house, etc.

FUN & GAMES

- write your thoughts on balloons
- blowing dandelion
- blowing bubbles
- making cupcakes
- recorder
- meme-generator



valves

Values checklist

Some examples of common values.

Accepting
Adventurous
Assertive
Authentic
Caring
Committed
Compassionate
Cooperative
Courageous
Creative
Curious
Efficient
Empathic
Engaged
Fair
Friendly
Forgiving
Fun-loving/humorous
Generous
Genuine
Grateful
Helpful
Honest
Kind
Loving
Mindful
Open
Playful
Reliable
Respectful
Responsible
Self-caring
Sincere
Supportive
Trusting
Trustworthy
Other?

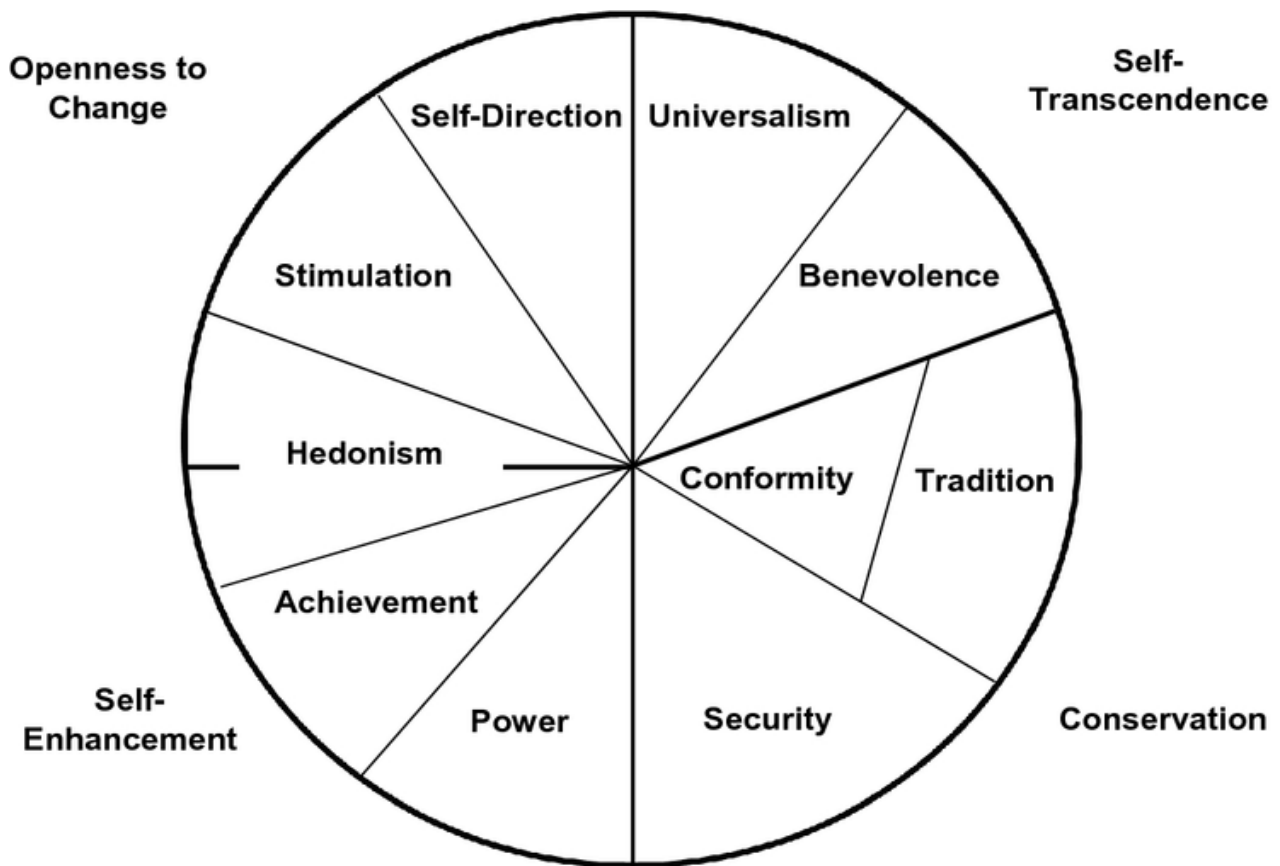
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Values

SCHWARTZ: 10 UNIVERSAL VALUES



[Learn more about the universal values here.](#)

Discover your values!

ROLE MODELS

- Who were the people you looked up to, admired as a kid?
- Who do you admire, who inspires you now
- What are the common qualities of these people?

WEALTH

- Imagine, that you get paid enough to cover your material needs, for any type of work - what would you work?
- Imagine, that you inherit a big fortune - what would you spend it on?

EULOGY

Imagine, that 3 people are saying a speech at your funeral! Who are they? What would you want them to say about your life? What do you want to be remembered by?
Write the speech!

60TH BIRTHDAY PARTY

You are standing at your 60th birthday party, and some guests are making a toast. Who do you think would speak? What would they praise about you? What memories would they recall, that you had together?

ENVY

Think of some people, that you envy or would like to trade places with! What values do they represent? How would it be to walk in their shoes for a day? How would you feel different, be different?

SELF-REFLECTION

- What kind of person do I want to be?
- What kind of life do I want to be living?
- How would I want to be in my work, relationships, free time, lifestyle choices?

COLLAGE

Create a collage, representing:

- your most important values
- your best self
- your ideal day
- your dream life
- your ideal future

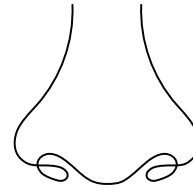
MY NAME BACKWARDS

- Write down your name, spelled backwards! Imagine this character, when and where do they exist, how are they like?
- How do you feel about them? Do you share the same values, or maybe opposite?

A large, irregular watercolor splash in various shades of green (teal, light green, and dark green) serves as a background for the text. Several small, dark green circular dots are scattered around the main splash, particularly above and below it.

mindfulness

**THINGS YOU
CAN HEAR**



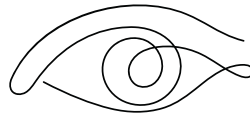
**THINGS YOU
CAN SMELL**

**THINGS YOU
CAN TOUCH**

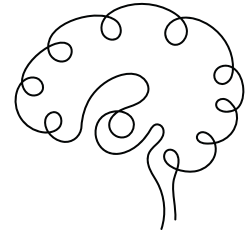


Mindful walking

**YOUR
THOUGHTS**



THINGS YOU CAN SEE



Making room for a feeling

Sit comfortably, with your feet on the ground and your hands resting on your thighs. You can close your eye or stare at one point in front if you. Take a few deep breaths, then focus on your surroundings: what noises can you hear, what do you feel on your skin, what do you smell? Notice, and let go.

Start focusing on your breath: where in your body can you feel the air moving? How is the air, when breathing in, how is breathing out? Notice your breathing.

Now recall a time you were feeling [insert the emotion, e.g. anxious, angry, etc.]. Remember, where you were, what were you doing, who were you with and what happened!

Notice where you feel this emotion in your body with open curiosity, like a scientist, who is seeing it for the first time! Try to find its boundaries: is it moving in your body, or still? How far does it stretch?

How is the material? Is it hard, soft, sticky? Is it warm or cold?

What color is it?

Does it have a smell maybe, or make a sound?

Now notice how your body is around this emotion, how it's containing it safely! Notice your full body, what else can you feel? Maybe you can feel your watch on your wrist, your hair on your shoulder, your clothes, the chair etc.

Bring your focus to your surroundings: notice the sounds around you, picture the room in your mind, zoom out, and see yourself sitting in your chair, and the emotion in your body. Be aware of the whole picture.

Then gently move your fingers, stretch your body and open your eyes when you're ready.

50 shades of mindfulness

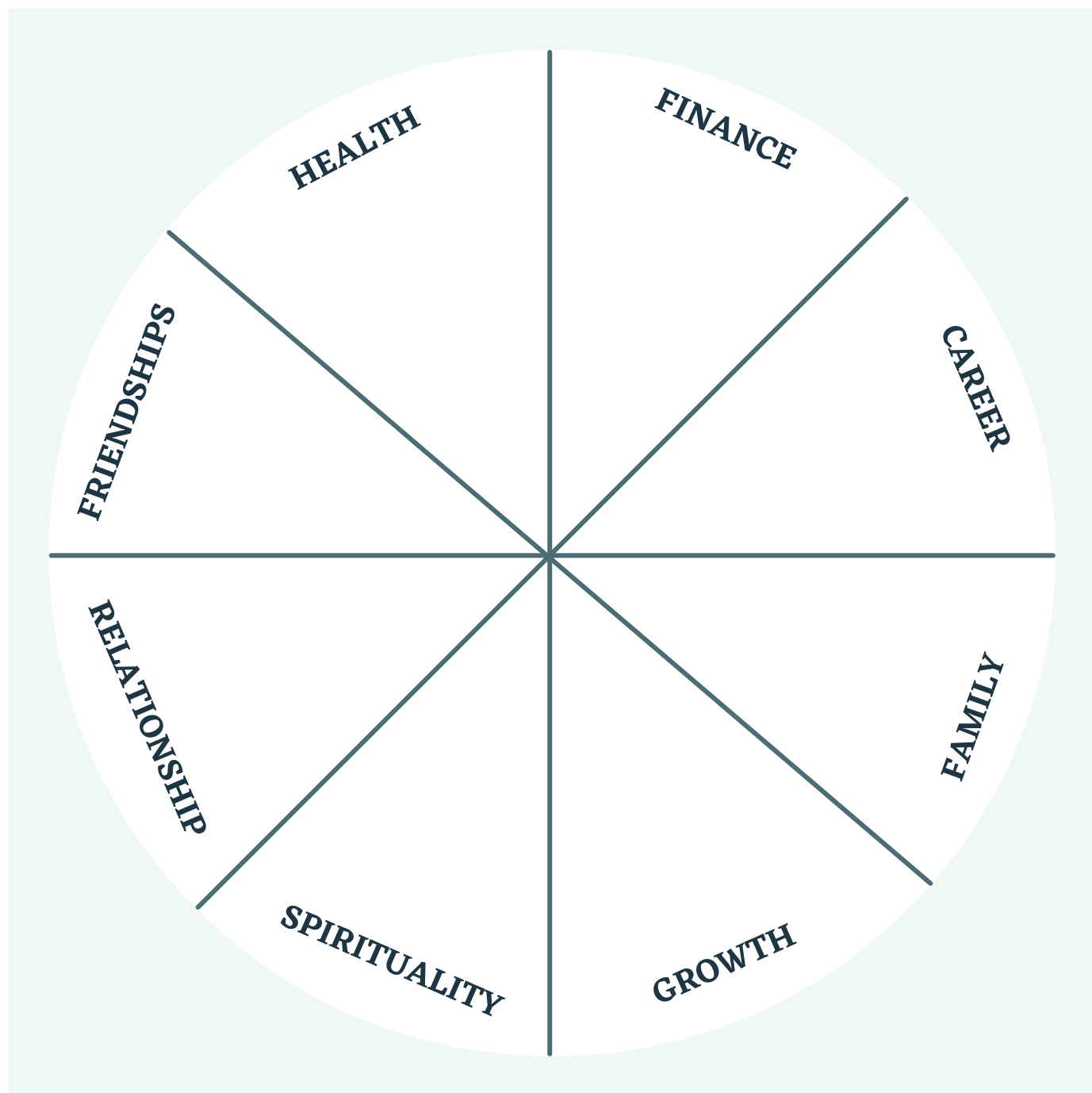
1. Writing/doing things with your other hand
2. Explain automatic movements
3. Rearranging your room
4. Counting your steps as you walk
5. Doing one thing at a time (no multitasking)
6. Juggling
7. Cooking
8. Touching things and feeling the surface
9. Meditation
10. Making coffee
11. Taking pictures and being aware of everything that is in the frame
12. Making plans for the day in the morning, before checking phone
13. Walking
14. Petting animals
15. Singing in the car
16. Being grateful
17. Playing the piano
18. Taking a bath
19. Smelling clothes
20. Scanning your body
21. Noticing the difference
22. Being in nature
23. Looking in the mirror and observing yourself
24. Taking a pause in your day
25. Focus on 5 senses
26. Remind yourself what you're doing
27. Being aware of your breathing
28. Being aware of your environment
29. Connecting with people
30. Being aware of death
31. Focusing on repetitive tasks
32. Feeling the sun
33. Making photos of familiar places
34. Tasting food/drink
35. Observing people
36. Walking barefoot
37. Being precise
38. Going in water
39. Hiking
40. Making love
41. Do everyday tasks differently
42. Stargazing
43. Gardening
44. Sitting in the balcony
45. Taking a shower
46. Cleaning
47. Listening to the sounds of nature/music
48. Swimming
49. Travelling alone
50. Making art

A large, irregular watercolor splash in various shades of green and teal serves as the background for the text. The splash has a soft, painterly texture with darker green spots and lighter teal areas. The text is written in a bold, black, cursive script. The word "Committed" is on the top line, and the word "action" is on the bottom line, both centered horizontally relative to each other and the splash.

Committed
action

Wheel of life

ASSESS YOUR LIFE!



Daily action planner

Date:

S M T W T F S

Values I'm practicing today

Affirmation

Actions I'm taking to get closer to my values

Obstacles that can show up + how I will overcome them

My ACT toolkit



*with examples

DEFUSION

- Hands as thoughts
- Naming the story
- Funny voices

CONTACT WITH THE PRESENT MOMENT

- Mindful eating
- Mindful walking
- Body-scan meditation

ACCEPTANCE

- Creative hopelessness
- Observe the feeling meditation
- Circle of control

SELF AS CONTEXT

- Notice the thought
- Thank your mind
- You are the sky

VALUES

- Who are your role models?
- Montage
- If I was paid to work anything, what would I do?

COMMITTED ACTION

- SMART goals
- Wheel of life
- Choice point

FAVOURITE METAPHORS

- The mind as a don't get killed and problem solving machine;
- The carrot or whip;
- Passengers on the bus



My ACT toolkit

DEFUSION

**CONTACT WITH THE
PRESENT MOMENT**

ACCEPTANCE

SELF AS CONTEXT

VALUES

COMMITTED ACTION

FAVOURITE METAPHORS

Impressum

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References:

Russ Harris: ACT made simple
Russ Harris: The happiness trap