

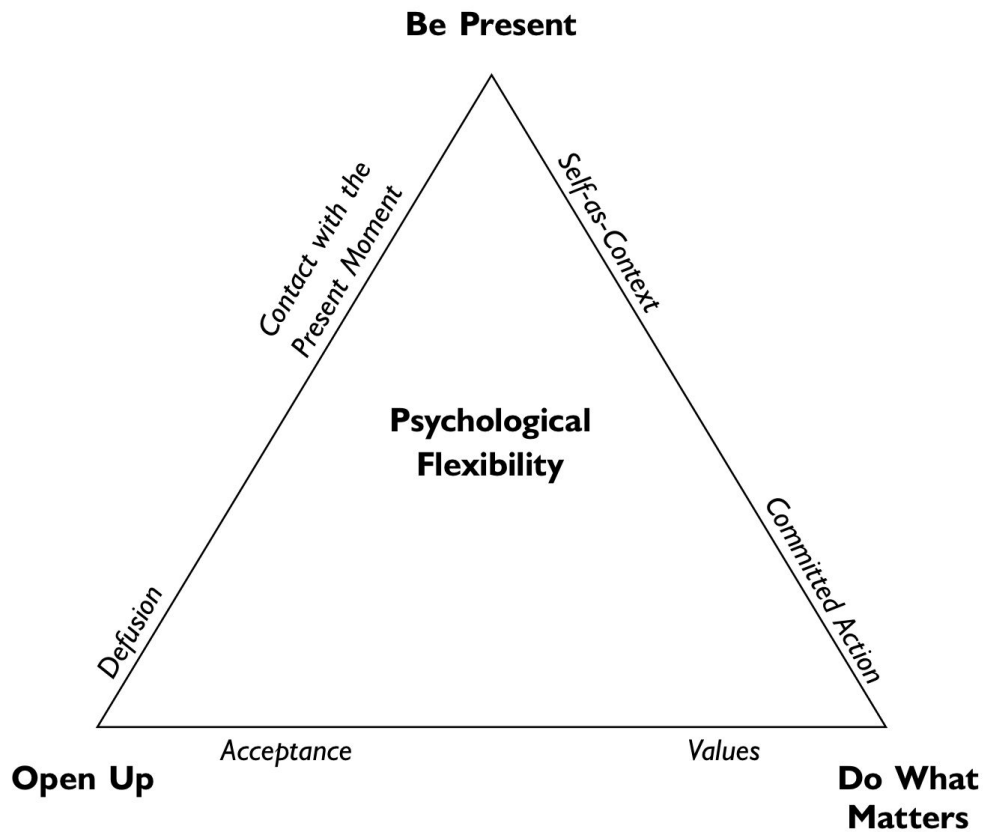
ACT in Daily Living (ADL) Group



Life Change Associates

ACT in Daily Living (ADL) Group - Overview

1. Experiential and Didactic Design
2. 1 or more experiential activities each week*
 - a. New, Do and Show model encouraged (to emphasize experiential learning)
3. Rules, norms and expectations for 3 month duration
4. *Breathing and Imagery - (meditation activity)



The ACT “Triflex”

- ▶ Do What Matters
 - What are your values?
 - What do you want to do?

Be Present

Mindfulness

Be Aware of Shame (past) and Anxiety (future)

Open Up

What are you “stuck to?” (ideas, people, drugs)

Dissecting the Problem - 4 Major Elements

1. Entanglement With Thoughts

What memories, worries, fears, self-criticisms, or other unhelpful thoughts do you dwell on, or get “caught up” in, related to this issue? What thoughts do you allow to hold you back or push you around or bring you down?

2. Life-draining Actions:

What are you currently doing that makes your life worse in the long term: keeps you stuck; wastes your time or money; drains your energy; restricts your life, impacts negatively on your health, work or relationships; maintains or worsens the problems you are dealing with?

3. Struggle With Feelings:

What emotions, feelings, urges, impulses, or sensations (associated with this issue) do you fight with, avoid, suppress, try to get rid of, or otherwise struggle with?

4. Avoiding Challenging Situations:

What situations, activities, people or places are you avoiding or staying away from? What have you quit, withdrawn from, dropped out of? What do you keep “putting off” until later?

Overcoming F.E.A.R

F = Fusion (stuff your mind tells you that gets in the way when you get caught up in it)

E = Excessive goals (your goal is too big, or you lack the skills, or you lack the resources)

A = Avoidance of discomfort (unwillingness to make room for the discomfort this challenge brings)

R = Remoteness from values (losing touch with - or forgetting - what is important or meaningful about this)

"Fear defeats more people than any one thing in the world" - Ralph Waldo Emerson

The antidote to F.E.A.R. is D.A.R.E.

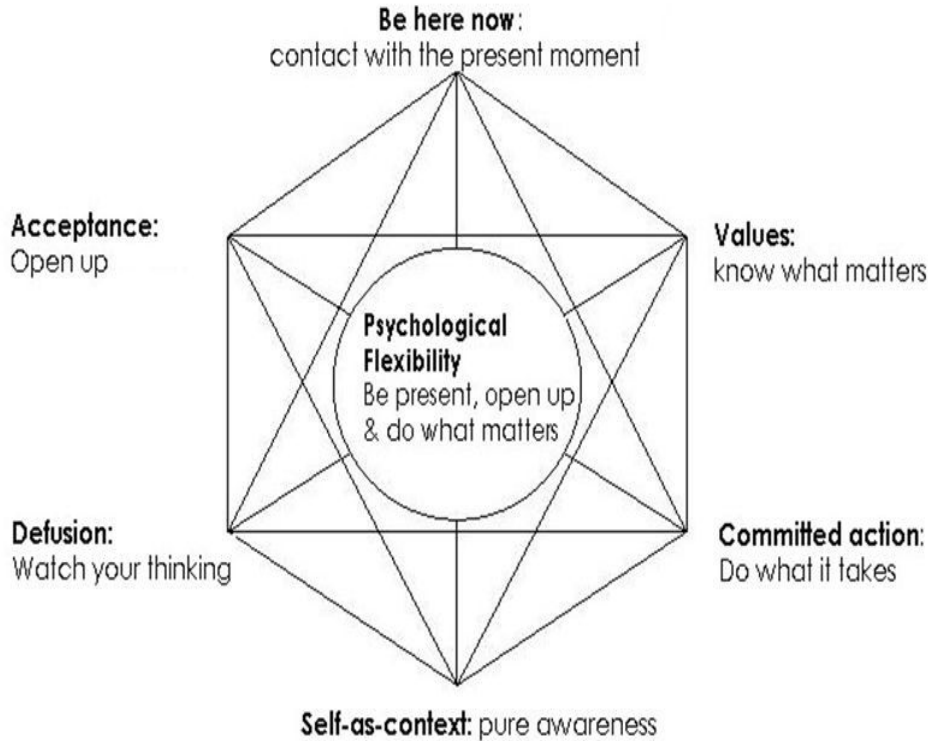
D = Defusion (name the story, thank your mind, acknowledge ‘Here’s reason-giving’ or ‘Here’s judging’, name the demon/monster/passenger, recognize this is Radio Doom & Gloom broadcasting, or simply let the thoughts come and go like passing clouds & Idaho weather).

A = Acceptance of discomfort (name the feeling, observe it like a curious scientist, rate it on a scale of 1 to 10, commit to allowing it, breathe into it, make room for it, give it a shape and color)

R = Realistic goals (if you lack skills, set goals around learning them; if your goal is too big, break it down into small chunks; if you lack resources, brainstorm how you can get them; if the goal is truly impossible or a dead person goal)

E = Embracing value (connect with what matters to you about this goal. Is it truly meaningful? Is it aligned with your values? Is it truly important? Is it moving your life forward in the direction you wish to go)

ACT Processes – Hexaflex



Psychological Flexibility Scale (Hayes, 2012 modified)

Attention to present scale (0-10)

- “I flexibly pay attention to what is happening in the present moment (10) vs “I spend most of the my time on attention to past and/or future (autopilot) (0)

Acceptance scale (0-10)

- “I willingly accept my thoughts and feelings even when I don’t like them” (10) vs “I constantly struggle with my thoughts and feelings” (0)

Defusion scale (0-10)

- “I see each of my thoughts as just one of many ways to think about things - what I do next is up to me and what works” (10) vs “My thoughts tell me how things really are and what I need to do” (0)

Psychological Flexibility Scale (Hayes, 2012 modified)

Self as observer scale (0-10)

- “The person I call me knows what I am thinking and feeling but is distinct from that process” (10) vs. “The person I call me is my thoughts and feelings about myself” (0)

Values Identification Scale (0-10)

- “I am clear about what I choose to value in my life” (10) vs “I don’t know what I want from life”

Commitment and taking action scale (0-10)

- “I identify the actions I need to take to put my values into practice and I see them through” (10) vs “I don’t manage to act on the things I care about” (0)

“I can’t let go” (into Acceptance)

Next, take a few minutes to write a list of every single thing you’ve tried in order to avoid or get rid of these unpleasant thoughts or feelings. Try to remember every strategy you have ever used (whether deliberately or by default). Below is a guide to help you:

Distraction: list everything you have ever done to distract yourself from, or ‘zone out’, or take your mind off these painful thoughts, feelings, sensations or memories.

Opting out: list all the activities, interests, events, people, or places that you have avoided or withdrawn from, and all the opportunities you have missed out on, because you did not feel good or wanted to avoid feeling bad:

“I can’t let go” (into Acceptance)

Thinking strategies: list all the different ways of thinking you have tried (deliberately or unintentionally) when painful thoughts and feelings started showing up. Tick any of the following that you have done, and write in any others:

- Worrying
- Dwelling on the past
- Fantasizing about the future
- Imagining escape scenarios (eg. leaving your job or your partner)
- Imagining revenge scenarios
- Imagining suicide scenarios
- Thinking ‘It’s not fair ...’
- Thinking ‘If only’
- Thinking of killing yourself
- Blaming yourself

“I can’t let go” (into Acceptance)

- Blaming others
- Blaming the world
- Talking logically to yourself
- Talking positively to yourself
- Talking negatively to yourself
- Analyzing yourself (trying to figure out why you are like this)
- Analyzing the situation (trying to figure out why this happened)
- Analyzing others (trying to figure out why they are like this)

Substances: list all the substances you have ever used to try and feel better, including foods, drinks, cigarettes, recreational drugs, and prescription drugs

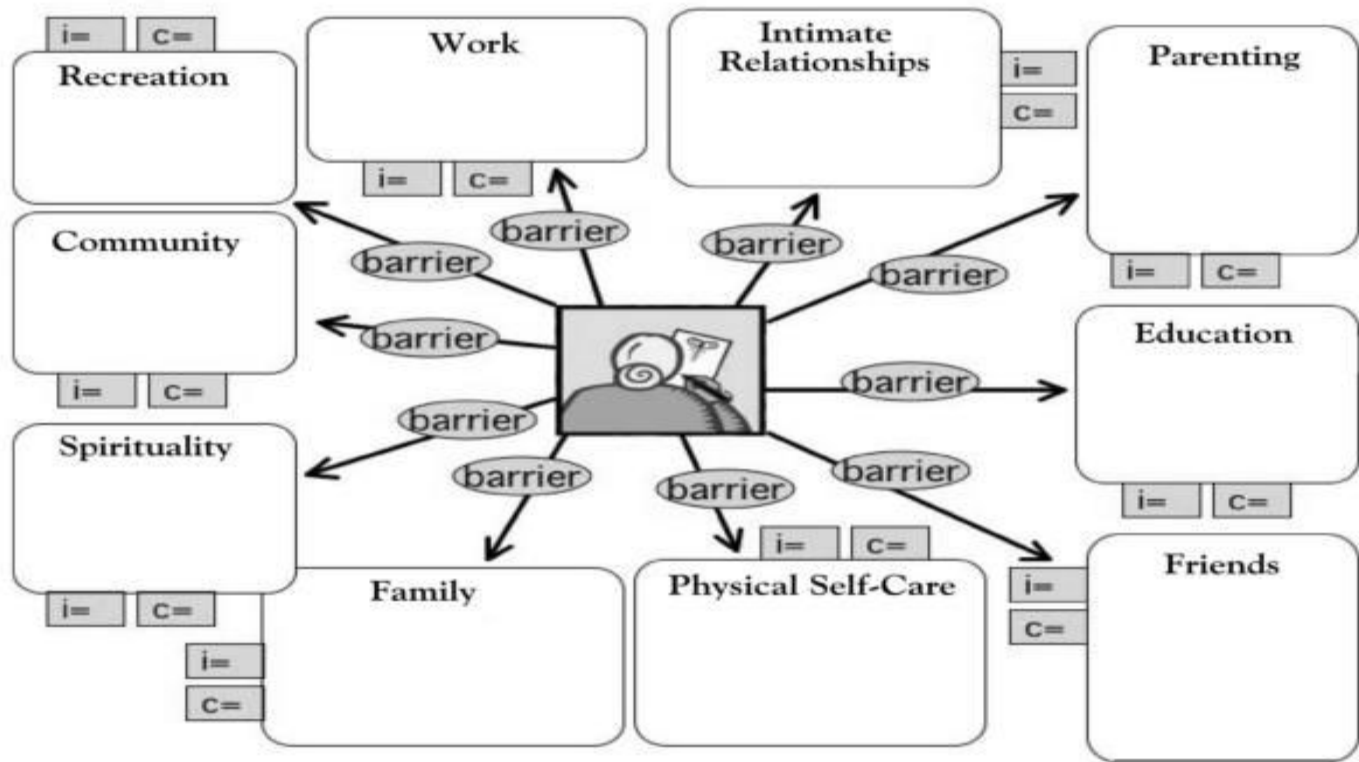
“I can’t let go” (into Acceptance)

Anything else: write down anything else you can think of you have ever tried to make yourself feel a bit better, or not so bad, when these painful thoughts and feelings showed up.

Once you’ve done that, go through your list and for each item, ask yourself:

- 1. Did this get rid of my painful thoughts and feelings in the long term?**
- 2. Did it bring me closer to a rich, full, and meaningful life?**
- 3. If the answer to question 2 is “no”, then what did this cost me in terms of time, energy, money, health, relationships, and vitality?**

Life Compass Worksheet



“There is nothing like a dream to create a future.” - Victor Hugo

The Life Change List

As I develop genuine confidence . . .

- Here are some ways I will act differently:
- Here are some ways I will treat others differently:
- Here are some ways I will treat myself differently:
- Here are some personal qualities and character strengths I will develop and demonstrate to others:
- Here are some ways I will behave differently in close relationships with friends and family:
- Here are some ways I will behave differently in relationships involving work, education, sport or leisure:
- Here are some important things I will ‘stand for’:
- Here are some activities I will start or do more of:
- Here are some goals I will work towards:
- Here are some actions I will take to improve my life:

SMART Goals

Specific: specify actions you will take - when and where and who or what is involved

Meaningful: check in and see if it is guided by your core values (and not rigid rule)

Adaptive: does it help to improve, enrich or enhance the quality of your life?

Realistic: can it be achieved given realistic factors of health, time demands, finances, requisite skill set, etc?

Time-framed: set day, date and time for completion. Eg. “I will take the kids to the park to play on Saturday afternoon.” (& not, “I will spend more time with my kids”)

The Willingness and Action Plan

1. My goal is to (be specific):

The values underlying my goal are:

The actions I will take to achieve that goal are (be specific):

2. The thoughts/memories, feelings, sensations, urges I'm willing to make room for (in order to achieve this goal):

- Thoughts/memories:

- Feelings:

- Sensations:

- Urges:

The Willingness and Action Plan, cont.

3. It would be useful to remind myself that:

4. If necessary, I can break this goal down into smaller steps.

- The smallest, easiest step I can begin with is:

- The time, day and date that I will take that first step are: