

Acceptance & Commitment Therapy (ACT)

Defusion techniques:

- Give your mind a name.
- “I’m having the thought that...”
- Let thoughts drift by. Notice them.
- Musical thoughts/silly voices.
- Name the story.



Thoughts may or may not be true, but are they helpful?

Acceptance techniques

- Thinking vs. observing

Notice your thoughts: Let them come and go!

Emotions: They are not good or bad. They are simply emotions!

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|---------|-----------|-------------|
| • Fear | • Disgust | • Joy |
| • Anger | • Guilt | • Curiosity |
| • Shock | • Love | |

- The struggle switch: is it on or off?
- Childhood programming determines what emotions are acceptable or not.
 - What emotions were you told were desirable or undesirable?
 - What were you told was the best way to handle your emotions?
 - What emotions did you family freely express?
 - How do other people in your life handle their own “negative” emotions?
 - How do other people in your life react to your “negative” emotions?
- We often try to get rid of the ones we think are “bad.”
- Feelings are feelings! Asking ourselves why we feel the way we do is not always helpful.



4 steps of expansion:

- Observe the sensations in your body (be curious).
- Breathe into and around the sensation.
- Create space around the sensation.
- Allow the sensation to be there. Remove the guilt.

Urge surfing:

- Accept your thoughts and feelings and be present.
- Connect with your values: Work/education, relationships, personal growth/health, leisure.
- Take effective action.