

ACT FOR DEPRESSION AND ANXIETY

Strategies for living a life that matters



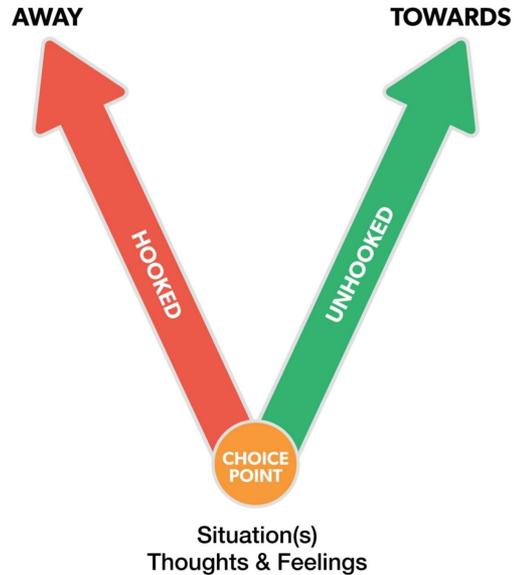
INTRODUCTION TO "CHOICE POINTS"

ADAPTED FROM "CHOICE POINT 2.0" © RUSS HARRIS, 2017



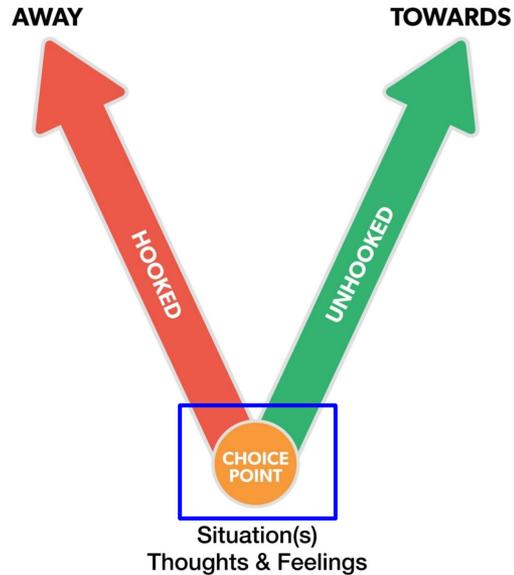
INTRODUCTION TO "CHOICE POINTS"

ADAPTED FROM "CHOICE POINT 2.0" © RUSS HARRIS, 2017



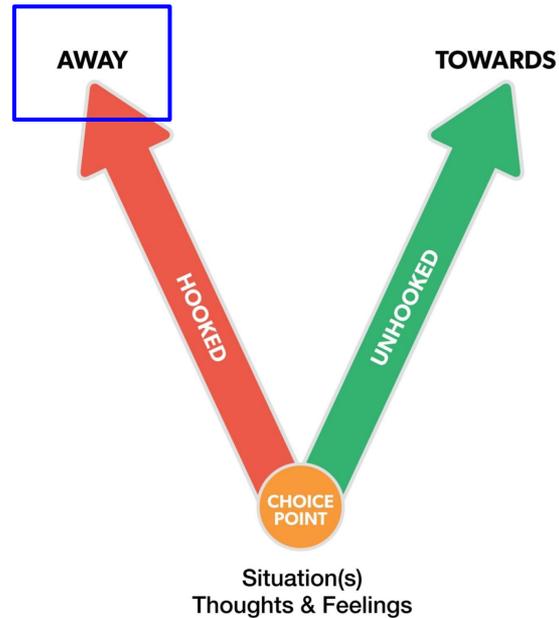
A choice point is a moment in time when it is possible to choose between values-consistent and values inconsistent behavior.

INTRODUCTION TO "CHOICE POINTS"



The choice point occurs in the time after the stressor and before any behavioral action

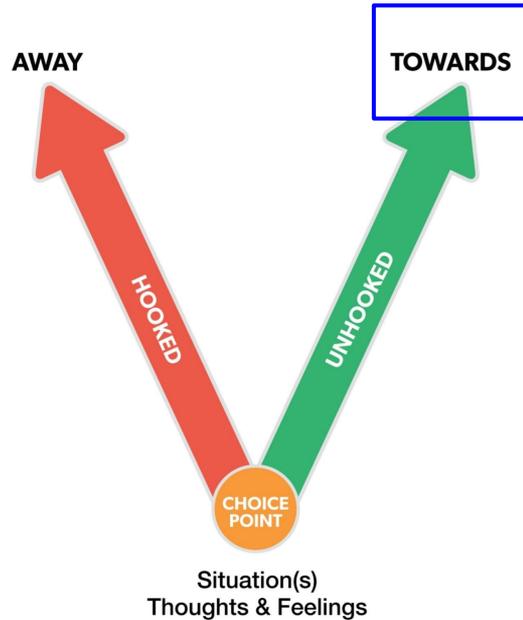
INTRODUCTION TO "CHOICE POINTS"



"Away moves"

- represent "ineffective, values-incongruent action" – in other words, "moving away from the person you want to be" or "moving away from the life you want to build".
- result from (1) experiential avoidance and (2) getting hooked (fused) with any combination of thoughts, memories, feelings, physical sensations & urges.

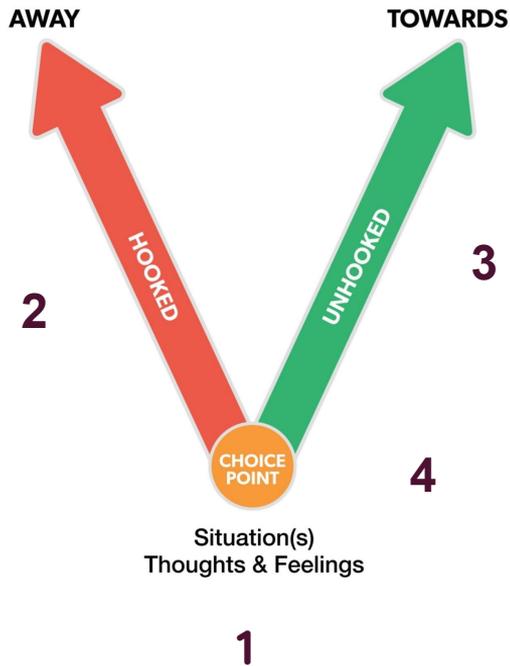
INTRODUCTION TO "CHOICE POINTS"



"Towards moves"

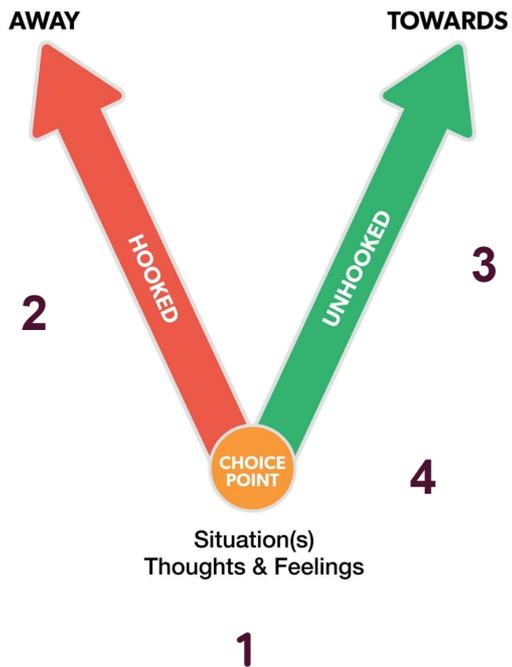
- Represent represent "effective, values-congruent action" - in other words, "moving towards the person you want to be" or "moving towards from the life you want to build".

CHOICE POINT APPLICATION: MY LIFE EXAMPLE WITH ANXIETY/DEPRESSION



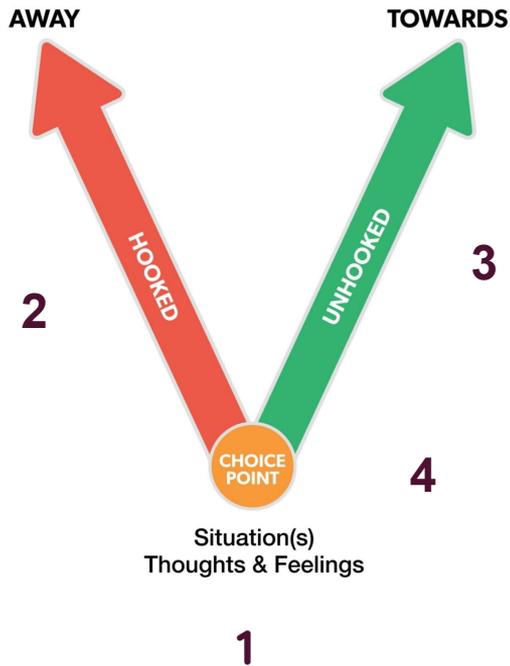
- 1. My stressors (situation, thoughts and feelings)**
- 2. My “away” moves**
- 3. My potential “towards” moves**
- 4. Potential helpers**
 - Values and Goals
 - Unhooking skills
 - Personal strengths
 - Problem-solving skills

CHOICE POINTS EXERCISE: KATE'S STORY



1. Describe Kate's stressors (situation, thoughts and feelings)
2. Identify Kate's "away" moves
3. Brainstorm potential "towards" moves
4. Brainstorm potential helpers
 - Values and Goals
 - Unhooking skills
 - Personal strengths
 - Problem-solving skills

CHOICE POINTS EXAMPLE: A REAL LIFE EXAMPLE WITH ANXIETY/DEPRESSION



- 1. My stressors (situation, thoughts and feelings)**
- 2. My “away” moves**
- 3. My potential “towards” moves**
- 4. Potential helpers**
 - Values and Goals
 - Unhooking skills
 - Personal strengths
 - Problem-solving skills



FOURS: THE ORIGINAL PERSON (AKA 'THE INDIVIDUALIST')

Traits

Best: Warm, compassionate, introspective, expressive, creative, intuitive, supportive and refined

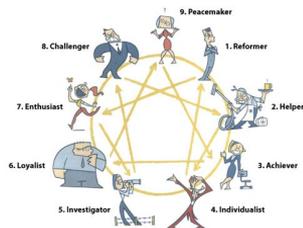
Worst: depressed, self-conscious, guilt-ridden, moralistic, withdrawn, stubborn, moody, and self-absorbed.

World View

'Something is missing from life that others seem to have. There is a void that feels like abandonment. I must continue the search.'

Primary Will (*what you desire most*): To find out who you really are

Primary Concern (*what you fear most*): That there is no real significance to your being



TWOS: THE LOVING PERSON (AKA 'THE HELPER')

Traits

Best: loving, caring, adaptable, insightful, forgiving, sincere, appreciative, humble, and affectionate

Worst: indirect, manipulative, possessive, self-serving, overbearing, presumptuous, and self-deceptive

World View

'People depend on me and they need my help'

Primary Will (*What you desire most*): To gain unconditional love from others

Primary Concern (*What you fear most*): Being unwanted, alone or unworthy of being loved

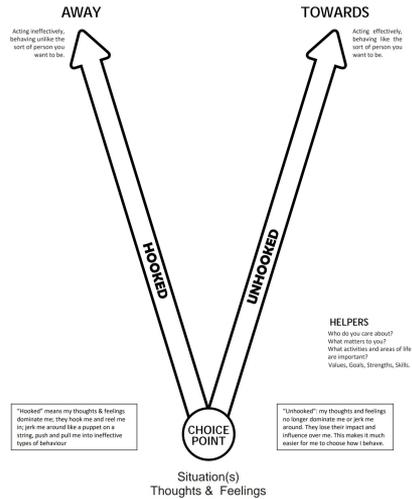
YOUR PERSONALITY PROFILE



As part of ACT,
Knowing what you matters to you (Values)
And who you are (Personality)
helps you to.....

Accept your internal experiences
Choose a valued direction
Take action

CHOICE POINT



CHOICE POINT

ACT in ACTION:

As I encounter
pain
(T, F, S, U)

when trying to
live a life that
matters
(my values)

I make a choice
to Avoid (Away)
Or
Accept
(Towards)



Be present: (watchful, mindful, awareness)
be in contact with the present moment -
notice what is happening right here and now

Open up: (willingness, “hopeful endurance”)
defuse and accept, separate, detach -
step back from thoughts and feelings, allow them
to flow through you, allow them to come and stay
and go in their own good time,
without getting swept away by them or
without getting into a struggle with them

Do what matters:
Bring to mind values you want to live by,
skills and strengths you can use,
Make choices and act according on your values

Choice Points and Personality

*What would it look like if, during stress
(painful thoughts and feelings)*

*you could leverage your strengths
(your best traits)*

*in order to make the best choice
(value-congruent behavior)?*

Exercise: Choice Point with Pain Card

FRONT OF CARD

DOMAIN:

Family/Relationships

Values:

Being a caring,
present,
dependable dad

BACK OF CARD

PAIN:

Thought - Why is she being so difficult? What can I do to fix this? What if she is like this in her other relationships?

Feeling - Confusion, Frustration, Fear

Sensation - Tightness in chest, on edge, on guard

Urge - Withdraw, say nothing