



ACT SKILLS SUMMARY

BE PRESENT	<ul style="list-style-type: none"> • Grounded in the here and now • Noticing, observing, being mindful of thoughts, feelings, sensations, urges (aka Internal Experiences or IE's) • Engaging fully in the moment
ACCEPTANCE	<ul style="list-style-type: none"> • Making room for all IE's, pleasant and unpleasant • Not agreeing with, but allowing IE's to be there (because they are) • Letting go of the struggle with IE's • Being kind and compassionate towards yourself in the midst of distress
DEFUSION	<ul style="list-style-type: none"> • Being an observer of thoughts, feelings, sensations and urges (internal experiences or IE's) • Noticing IE's, rather than getting hooked by them • Seeing IE's for what they are (thoughts are just thoughts, etc.) rather than by what they seem to be (e.g. indicators of truth, commands, reality) <p>The aim of defusion is to reduce the impact of IE's on our ability to choose valued actions, not to get rid of IE's.</p>
VALUES	<p>Questions to guide our choices in pursuit of a meaningful, abundant life:</p> <ul style="list-style-type: none"> • <i>What direction do I want my life to go?</i> • <i>What matters to me?</i> • <i>What do I value?</i> • <i>What sort of person do I want to be?</i>
COMMITTED ACTION	<p>Freely chosen behaviors, consistent with values, towards your goals</p> <p>Barriers to action (FEAR acronym):</p> <ul style="list-style-type: none"> • Fusion with unhelpful thoughts • Excessive goals (not specific, measurable, achievable, realistic, timely) • Avoidance of discomfort • Remoteness from values <p>Formulate an action plan to address barriers</p>
SELF-AS-CONTEXT	<p>The observing self ("I am aware that I am thinking, feeling, etc.)</p>