ACT With Choice Exercise



Away Moves

This involves the processes of Fusion, Experiential Avoidance, Resistance and Unworkable Action.

- Getting caught up in unhelpful thoughts.
- Obsessions, rumination and worry.
- Struggling with unwanted emotions.
- Counter-productive behaviours.
- Habits and over-indulgences.
- Denial and distraction.
- Procrastination and avoidance.
- Suppression and control.

These approaches sometimes provide short-term relief or reinforcement; however, they often backfire in the longer-term and validate the underlying problem.

Unhelpful, Unworkable, Unsustainable

Choice

Unwanted Feelings

This includes uncomfortable or Distressing feelings, unwanted thoughts, compulsions, impulses and sensations. E.g. intrusions, anxiety, anger, depression, guilt, shame, irritability, physical tension and pain.



Triggers

This can include external situations, activities and events, as well as internal sensations, intrusive thoughts, impulses, images or memories.



The Problem

This is the underlying issue, root cause, process or label for the difficulty experienced. E.g. panic, clinical depression, OCD, PTSD, low self-esteem.

Towards Moves

This involves the processes of Present Moment Attention, Reframing, Acceptance, Defusion, Perspective-taking and Committed Action.

- Mindfulness; focusing on the now
- Acceptance; a willingness to experience whatever comes up without resistance or judgement.
- Defusion; Unhooking from unhelpful thoughts and feelings.
- Observing Self; Taking the observer perspective rather than being the perpetrator, victim or casualty.
- Committed Action; Acting according to values and goals.

This involves a willingness to experience discomfort in the service of values and goals.

helpful, workable and sustainable

ACT With Choice Exercise



