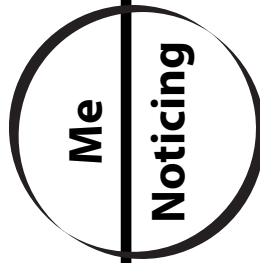


Life Map

3. What do you do to move away from those difficult inner experiences?

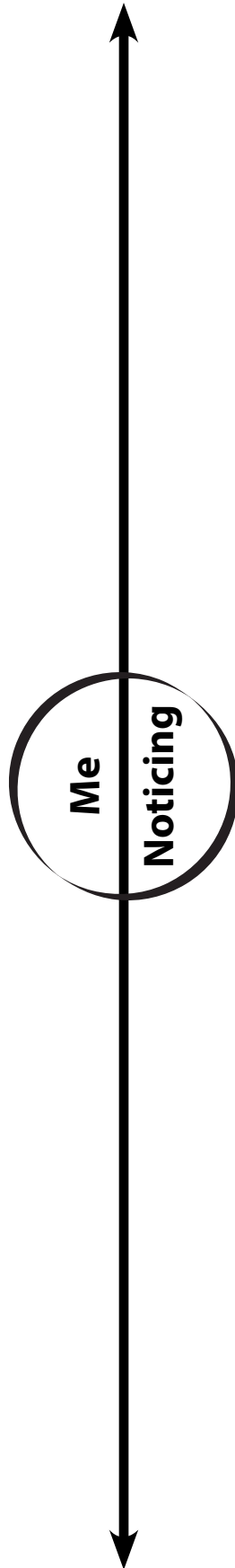
4. What could you do to move toward who's important to you?

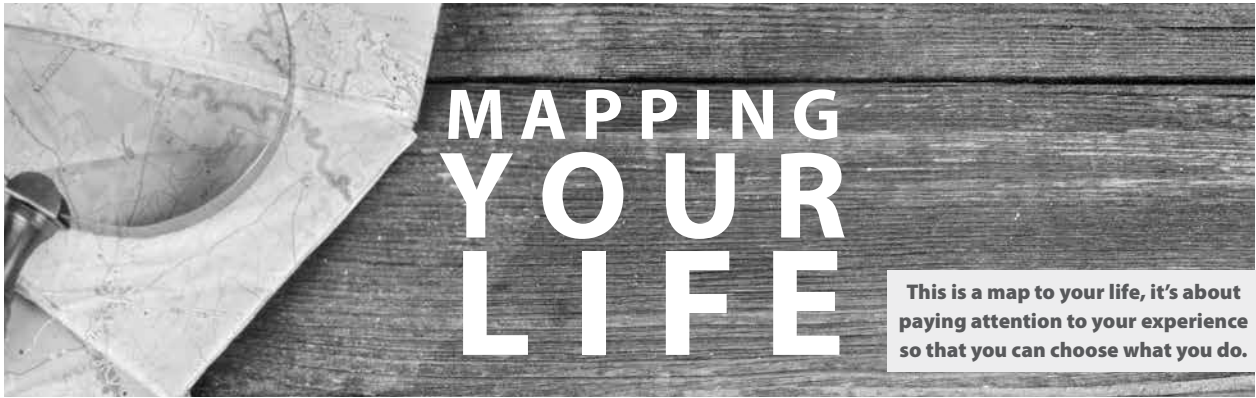


2. What thoughts, feelings or sensations get in the way of moving forward?

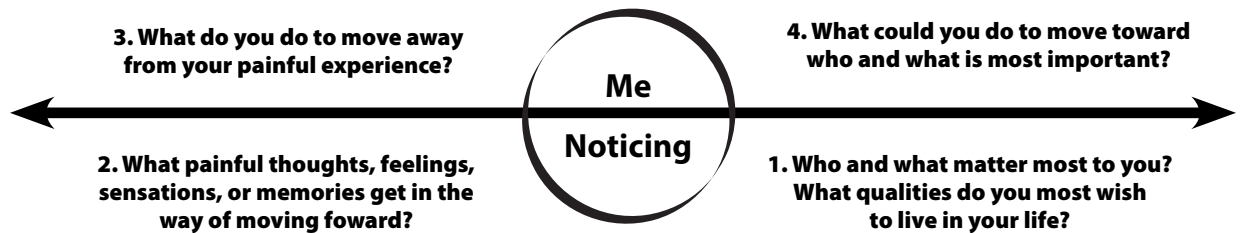
1. Who and what is most important to you?

Life Map





PART 1. GIVE AT LEAST ONE ANSWER IN EACH SECTION



1. _____

2. _____

3. _____

4. _____

PART 2. NOTICE YOUR EXPERIENCES

What does it feel like to move toward who and what's most important? What does it feel like to move away from painful thoughts, feelings, sensations, and memories? Which side do you spend the majority of your life living on?

ACT CONCEPTUALIZATION

Present Moment

Is this client present with their experience?
Are they stuck in the past or future?

Acceptance

In what way is this client attempting to avoid/escape their experience in problematic ways?

Defusion

What thoughts, sensations, memories, or feelings does this client take as literal?

Values

Who and what is most important to this client?

Commitment

What behaviors is this client already doing or could they be doing to move toward who and what is most important to them?

Self-as-Context

What stuck stories does this client have about themselves?



Begin by listing the thoughts, feelings, sensations, and memories you most wish to avoid, control and escape in your life. Then list the things you have been missing out on due to avoidance and finish by listing what you have been doing to control or escape what you don't want to experience.

1. EXPERIENCES I'D LIKE TO AVOID, CONTROL AND ESCAPE ...

THOUGHTS OF

FEELINGS/EMOTIONS

PHYSICAL SENSATIONS

MEMORIES OF

2. NOTICE YOUR EXPERIENCES

What has trying to avoid the above painful thoughts, feelings, sensations and memories cost you? What have you ended up missing out on in your life due to attempting to avoid the above?

3. WHAT I DO TO CONTROL OR ESCAPE THE ABOVE

What do you do to control or escape the above painful thoughts, feelings, sensations and memories?

ESCAPE AVOIDANCE & CONTROL STRATEGIES

Check off the strategies you have tried to escape, avoid or control your painful thoughts, feelings, sensations, and memories.

THINKING

- Worrying
- Dwelling on the past
- Questioning yourself
- Blaming yourself
- Blaming others
- Blaming the world
- Thinking "it's not fair"
- Thinking "if only"
- Fantasizing about suicide
- Suppressing or pushing away thoughts
- Imagining escaping your job, school or family
- Analyzing yourself

DOING

- Isolating
- Eating
- Self-harming
- Arguing or complaining
- Drinking alcohol or caffeine
- Recreational drug use
- Misusing prescription drugs
- Physically acting out or fighting
- Hooking up or being sexually promiscuous
- Shopping or spending money
- Movies, tv shows, video games
- Saying no to opportunities
- Calling in sick to work

WRITE YOUR OWN

Write down strategies not listed on this worksheet that you've tried...

WHAT WORKS?

Go back through the strategies you checked off and wrote down and underline the strategies that have permanently removed your painful thoughts, feelings, sensations, and memories (meaning you no longer experience them anymore). This is not an exhaustive list, we've provided a space for you to include your own thinking and doing avoidance strategies, remember everything listed on this worksheet is neither good nor bad. The focus is on understanding what you have tried and whether it's working.



KNOW YOUR HOOKS

A hook is any experience that impacts your behavior. They can be direct like stubbing your toe and reacting in anger or indirect like seeing a social media post that reminds you of an old friend, you spend some time thinking about them and later get in touch.

1. WHAT HAPPENED?

Write down a situation where you did something problematic. What did you do?

2. PAY ATTENTION

Write down what private experiences like thoughts, feelings, memories, or sensations showed up for you and triggered problematic behavior.

3. IS THAT A HOOK?

Ask yourself if that private experience is a hook for you. Here's how you can tell: did it impact your behavior in a problematic way? If so, write down the name of that hook: e.g. my anger hook, sadness hook, etc.

4. PREPARE

The person that you want to be. What would they do when your hook shows up? Would they bite it and react? Engage in those same behaviors? If not, write down what you would choose to do differently.

5. NOTICE YOUR HOOKS

Noticing your hooks is a life skill. You don't get to choose whether you have hooks or not but you can choose how you respond to them and how you interact with your hooks.

SCRIPT

MINDFULNESS OF BREATH

I'm going to invite you to close your eyes if it's comfortable for you. If not, maybe allow your gaze to drop and let your vision soften its focus.

Take a breath on purpose. Feel the belly expand as you inhale and collapse as you exhale. Really feel that movement in your body.

Notice how the chest lifts as you breathe in and drops as you breathe out. See if you can focus your attention to stay with the movement of your breath in your body.

Inevitably distractions will arise, whether it's a sound, a sensation in your body like your nose itching, or tension in your body. Whenever distractions arise, notice them. They're inevitable. Come back to your breathing, really pay attention to the sensations of your breath.

On your next inhale, notice that there's a space between inhales and exhales. You breathe in and there's a brief pause, almost as if your body knows when it's full of air, followed by an exhale. See if you can catch that brief pause.

On your next inhale, breathe in, feel that pause, hold it for a moment and breathe in a little deeper, like taking an extra sip of oxygen, topping up the lungs with air, and then breathe all the way out. Notice what that feels like in your body.

Repeat that at your own pace a few times. Breathing in, feeling the pause, taking an extra breath in, and exhaling all the way.

Still breathing here, allow your distractions to come: thoughts, sensations. And allow your distractions to go as you bring your attention back to the breath as you notice your mind becoming distracted.

Before we end this exercise, just take a brief moment to notice what it feels like to be in this moment.

Still with your eyes closed, bring your attention back to the room you're in. Notice the sounds in your environment and the sensations of the chair underneath your body.

Bring a little motion into the body, wiggling the fingers, rotating the wrists, maybe rolling the shoulders up forward and down, moving the head from side to side, bringing some motion into the neck, allowing your body to wake up and meet this moment.

And when you feel ready, gently allow your eyes to open.

What did you notice?

HOW TO PRACTICE MINDFULNESS

Mindfulness is a practice. It's something we work toward and do with repetition to master in our own repertoire of skills. One doesn't simply finish being mindful or check it off a list like "mindfulness, done for today!" Instead, understand that mindfulness is a state of mind that you learn to cultivate in your daily life, and you can return to it over and over throughout the day. One of the early pioneers in bringing mindfulness to western health practices, Jon Kabat-Zinn (1994) defined mindfulness as paying attention (noticing), on purpose, in the present moment, nonjudgmentally.

Our hope is to present you with a mindfulness practice that increases your ability to simply notice your private experiences. You can then use your new mindfulness skills to practice creating a distance between you and your painful private experiences through noticing thoughts, feelings, sensations, or memories that would trigger you to engage in problematic behaviors.

It means we focus on the paying attention on purpose—noticing! Even if judgments show up for you, our recommendation is that you notice them too. For example, take a look around the environment you're in now; do you see anything that you cannot judge or affix some evaluation to? We'd wager that you likely can't.

Noticing is the skill we seek to increase and that means you can work on your noticing skill (paying attention on purpose) many times throughout your day without needing to close your eyes and focus on your breathing, buy a meditation cushion, or attend a yoga class. Take a few moments out of your day to try one or more of the following:

- Take a breath on purpose, wherever you are, whatever time it may be. Notice the sensations of your breath in your body, and the rise and fall of your chest and belly.
- If you're driving or commuting, turn off any distractions like the radio, song, or podcast you might be listening to. If commuting, put down the game you might be playing, book you're reading, or whatever else you might be doing. Notice what you see, the quality of the light entering the space you're in, the rumble of the seat underneath your body, sounds you can hear, the temperature of the air on your skin.
- When eating, take a moment to slow down and eat purposefully. What flavors do you notice? Take in the smell and texture of your food. Take your time to eat and just notice what that experience is like.
- Even now as you're reading, go slowly with an aim to pay attention and notice your experience. You may notice yourself getting distracted as you read. See if you can pay attention to that and see where your mind goes.

During your morning routine: brushing your teeth, washing, getting dressed, go slowly and pay attention to your experience. What do you notice as you spread toothpaste on your toothbrush? Pay attention to the sensations as the toothpaste makes contact with your teeth or tongue.

As you learn to practice mindfulness, you may find judgments show up. For instance, as you become more familiar with how your attention moves around, you might become frustrated with yourself. Even that is an opportunity to notice your experience: what thoughts and feelings show up for you as you notice your attention moving on to something other than what you're doing in the moment? And remember: every moment is an opportunity to be present.

SCRIPT

BODY SCAN FOR MINDFULNESS

Today I invite you to do a body scan exercise with me where we will practice noticing the sensations happening within our own bodies. You may find that you notice areas of tension or relaxation that you weren't aware of or you may find yourself not wanting to pay attention to certain parts of your body that bring you pain. These are all normal experiences. I ask that in serving your own progress and in developing your own practice of awareness that you try your best to notice all of your experiences during this exercise, even those you don't want.

This practice is not about relaxing, or having any expectation or desired outcome, but rather it is the practice of simply noticing your experience. Give yourself permission to feel what you're feeling right now and make space for everything that shows up, even judgments or critical thoughts.

If you feel comfortable, please allow your eyes to close gently, or simply allow a soft gaze on your lap or a neutral spot in front of you.

If you find your mind wandering, traveling to the past or future or a "what if" scenario, or making noise and commenting on the exercise, simply notice where your mind is taking you, listen to the noise, acknowledge it, and bring yourself back to the sound of my voice and the part of your body I am directing your attention to.

Begin by bringing your attention to your breath, to the fact that you are breathing. Noticing the rise and fall of your chest and belly as you breathe in and out. . . . Try not to manipulate your breath in any way. Simply observe the breath, your natural way of breathing. . . . Throughout this exercise you may notice a resistance to doing something that I invite you to. Remember to always choose what is best for you, always having the option of returning to the breath, breathing deep into the belly.

Now gently turn your attention to the top of your head. Notice if you can feel the area just above your head paying attention to any sensation of warmth or coolness. . . . Start here and gently, slowly begin to turn your mind's eye inward and begin scanning down your body, noticing all the tiny muscles in your face. Can you feel any of them tightening with tension or loosening with relaxation? . . . Can you feel the cool air enter your nostrils and the warm air exhaling through the nose as you breathe? . . . Continue down to the positioning of your tongue in your mouth, noticing saliva in your mouth begin to pool as you pay attention, the feel of your tongue in your mouth as you swallow.

Next, lower your mind's eye to the point where your neck meets your head . . . and slowly scanning down to the point where your neck meets the rest of your body . . . paying attention to the sensations there and expanding your awareness to any thoughts or feelings that may arise as you scan down to your shoulders. . . . Breathe into those thoughts and feelings, and with an exhale follow your attention down your shoulders.

If you feel comfortable, bring your shoulders up to your ears and then gently roll them back and down, noticing any change in sensation with the movement. . . . Slowly draw your attention down your shoulders to the tips of your fingers. . . . Can you feel the point where your fingers end and the air begins?

If you notice your mind has begun to wander, that's alright. That's what minds do. Simply acknowledge where your mind has gone, and bring your attention back to the sound of my voice and the part of your body I am directing your attention to.

Turning your attention to your back, notice your posture and follow the curve of your spine. . . . Feel the points where your back touches the chair. . . . Slowly wrap your attention around to your stomach, feeling how the abdomen expands with an in breath and deflates with an out breath. . . . Moving down to your hips, feel the weight of your body sitting in the chair, the places where your legs meet the chair. . . . Notice any sensations as you move down your thighs, around your knees, to the back of your legs, and finally to your feet. . . . Can you feel any sensation from the soles of your feet? Points where your foot touches the inside of your shoe? . . . The texture of your shoe or sock against your foot? Do you feel any sensation of warmth or coolness?

Gently draw your attention back up your body to your chest and belly, feeling as they expand and deflate with each inhale and exhale. . . . Notice with curiosity if your breathing has changed at all from the beginning of this exercise. . . . Notice your own practice of noticing throughout this exercise.

Begin to turn your attention outside your body to the room around you. Listen to the sound of your breath and to the sounds around you both soft and loud, and near or far away. . . . Listen to the sound of my voice as I walk you through this exercise . . . and in your own time, when you are ready, gently flutter your eyes open or raise your head.

SCRIPT

GUIDED IMAGERY

I invite you to picture someone in your life whom you've felt connected with, perhaps someone who appreciated you, someone who saw some value in you—whether it be a caregiver such as a parent, or someone with a special interest in you, including a friend, a partner, or a teacher. Someone who really valued you.

Take a moment to close your eyes and see whether you can visualize them. Picture them as vividly as possible. Take a moment to picture their face, noticing the details of their eyes, their eyebrows. Let yourself see their hair, their lips and their nose.

What is the emotion on their face as they look at you?

Take a moment here and really see them looking at you in this moment. And notice what that feels like for you as you look into their eyes and feel their connection.

I'm now going to invite you to slip your awareness out from behind your eyes and in behind theirs, seeing yourself from behind their eyes. Seeing yourself as someone they want to connect with, someone of value, someone who is appreciated.

What do you feel?

Notice in your body as you're feeling what they feel looking at you and seeing your eyes.

Take a breath here and notice what that feels like.



CONNECTING TO YOUR FUTURE SELF

This exercise is about picturing yourself in a future situation that could be difficult for you. You may wish to write your responses to each question below. Do your best to really picture yourself in that future situation and communicate with that future version of yourself.

1. YOUR FUTURE

Call to mind a painful situation you anticipate having to face in the coming days...

2. BEING THERE, NOW

What would you see or hear? Can you envision yourself there?

3. SPEAK

Can you here-now, in this moment speak to your future self in pain? What words or gestures can you share with your future self?

4 . R E C E I V E

How does the future vision of yourself receive those words/gestures?

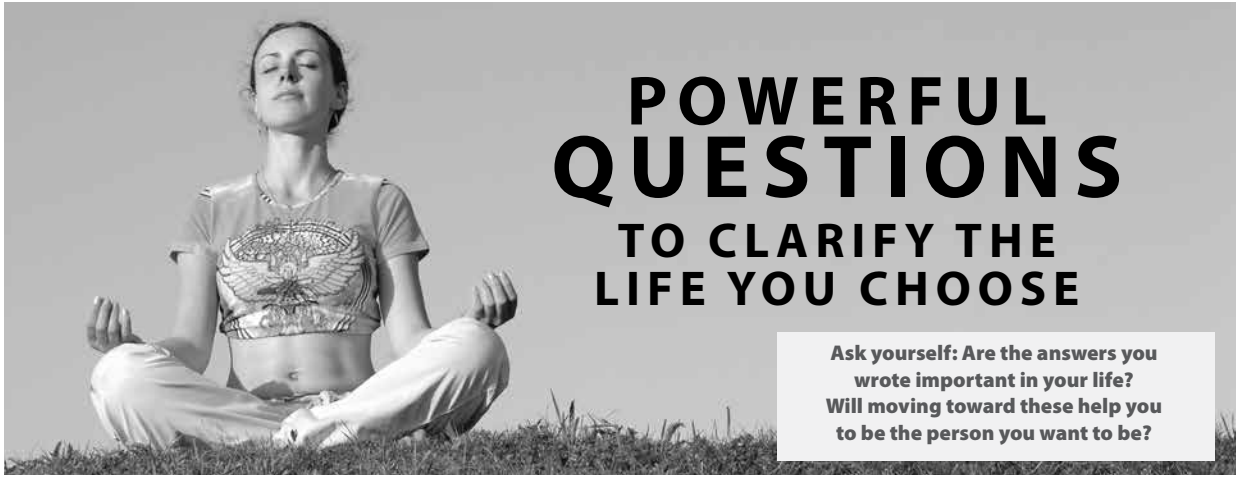
5 . Y O U R N E E D S

What tone of voice or posture do you use with the vision of your future yourself?

What might you in the future situation need as you're in pain?

6 . V A L I D A T E

Share from your heart, here-now that you know it's hard, maybe really hard for that vision of your future self.



POWERFUL QUESTIONS TO CLARIFY THE LIFE YOU CHOOSE

Ask yourself: Are the answers you wrote important in your life?
Will moving toward these help you to be the person you want to be?

LET GO

What are problematic behaviors I want to do less of or reduce in my life?

GROW

What behaviors do I want to see grow in my life to improve or maintain who and what is important to me?

ACCEPT

What painful experiences in my life do I choose to accept or make peace with?

CONNECT

Who or what in my life do I choose to forge a new or deeper connection to?

COMMITMENT QUESTIONS

Score your commitment questions for each category every day on your tracking sheet. Ask yourself each question and score each individually. Use the next worksheet to track your answers.

Did I do less of or reduce a problematic behavior I want to let go?

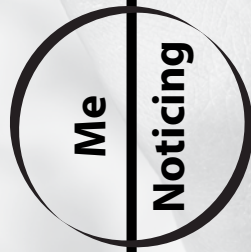
Did I grow my life toward improving or maintaining who or what is important to me?

Did I choose to accept or make peace with my painful experiences?

Did I forge a new or deeper connection to who and what is important to me?

Sun	Mon	Tues	Wed	Thurs	Fri	Sat

LET GO



ACCEPT

Sun	Mon	Tues	Wed	Thurs	Fri	Sat

Sun	Mon	Tues	Wed	Thurs	Fri	Sat

GROW

CONNECT

Sun	Mon	Tues	Wed	Thurs	Fri	Sat

SCRIPT

TWO WAYS OF BEING MINDFUL

Throughout this practice I'm going to guide you to bring your attention to different areas of your life. If you find yourself distracted, take a breath, notice your distractions, and come back to the instructions. Let's begin with our practice.

Breathing here, notice the sensations of breathing in your body. Notice how the belly expands on an inhale and collapses on an exhale.

Really stay with the movement of breath in your body. Inevitably distractions arise. Your job is not to avoid distractions but to notice them. You will have distractions. Take a breath on purpose when you notice distractions and come back to the movement of your breath.

I'd like to invite you to picture yourself interacting with someone who is important to you, maybe at work, school, volunteering, or at home. Imagine yourself there with whomever may be there and imagine you are being pushed around by your thoughts, some hooky thoughts that show up for you. Really see yourself hooked by your thoughts.

How do you react to them, how might you behave in those moments? What does the expression on your face look like? See yourself there with that look. What does the tone of your voice sound like? What does the posture of your body look like? Really see yourself in this reactive state of mind, reacting to your painful thoughts, feelings, sensations, or memories, and see how it impacts your behavior. Really picture yourself there. Take a breath and notice what it feels like to observe this version of you, to see your reactive, hooked self.

Let's go ahead and come back to the present moment. Breathe and let go of the image of your reactive self. Take a breath and notice the sensations of your breathing in your body.

I'm now going to invite you to picture yourself again interacting with someone who is important to you at work, school, volunteering, or home. But this time I'm going to invite you to imagine yourself connected with what is important to you in life, acting on those values and qualities that you want to be about. Really see yourself in that situation, living those qualities that matter most to you.

What does your face look like? What is the look in your eyes in that moment? What does the posture of your body look like? Really see yourself there and breathe it in. This version of yourself is deeply connected to these areas of your life that you wish to connect more deeply with and grow your behavior toward. What is it like here to observe this version of you?

Take a breath here and notice how that feels. Allow that image to pass as you come back to this present moment. Feel the sensations of the chair you're sitting on supporting your body. Notice the sensations of the breath. When you are ready, bring some motion into your body, whether it's a wiggle of the fingers, a rotation of the wrists, rolling the shoulders up forward and down, or gently bringing motion in the neck as you turn your head from side to side.

SCRIPT

MINDFUL WALKING

As you begin to develop your mindfulness practice, you may notice yourself becoming narrow in your view of what mindfulness or present-moment awareness is—believing that it is always an eyes-closed exercise or done in a seated position in a quiet room. But mindfulness, being mindful or simply aware of the present moment, is an approach to engaging with the world and yourself, and as such has no limitations on how it can be done. So today, I invite you to join me for an alternative way of experiencing and expanding your mindfulness practice: mindful walking.

[For those who are unable to stand and move using a wheelchair or similar device, make sure to alter the language used when the exercise refers to standing or feeling their feet on the ground to instead focus on the different sensations of their bodies in their chair, focusing on areas of sensation, as they move forward.]

Begin in a standing upright position, if comfortable, bringing your shoulders up to your ears and then gently rolling them back and down. Notice your breath expanding your chest and belly with each inhale and releasing with each exhale. Before moving, simply notice your intention to walk mindfully, bringing full attention to the sensations of both your body and the world around you.

First, notice your feet in your shoes and the points where they touch the inside of your shoes. . . . Begin to walk at a slow, leisurely pace, feeling with each step your heel touching the ground first and then the rest of your foot rolling down into the floor, followed by the sensation of your heel lifting from the ground, leaving the pad of your foot and toes the last part touching the ground. . . . Pay attention to the places on the bottoms of your feet that touch the ground as you walk, not trying to change or alter your pace or step in any way.

Practice simply noticing your walk for a minute or two.

Turn your attention to the sensations against your skin: Is there a breeze or heat pulsing against you? Do you feel warm sunshine or cool breeze or wet rain? Notice the different sensations and temperatures. Do you feel a difference between exposed skin and skin hidden beneath clothing?

Practice simply feeling different sensations for a minute or two.

Next, look around you, noticing the colors, textures, and shapes you see. . . . Allow your eyes to linger on anything that interests you and then continue on to the next, constantly observing all the details of your environment. . . . If your mind begins to wander or chatter about what it sees, simply notice that and return your attention to the sights around you.

Practice simply seeing what is around you for a minute or two.

Now, allow your ears to open wide, picking up the sounds of your feet taking each step. . . . Notice the sounds nearby and those far away. . . . Can you hear the different volumes and tones in the sounds around you? Notice both the separate distinct sounds and how they all sound together.

Practice simply listening to what is around you for a minute or two.

Finally, bring all of these experiences together: your feet in your shoes taking each step, the sensations along your skin as you walk, the different sights around you, and all the sounds you hear both near and far away. . . . Notice too any thoughts or feelings that arise as you practice, acknowledging these as part of the experience of observing and turning your attention back to your walk. . . . When safe to do so bring your body to a stop, noticing how your body feels at rest, scanning the body down to your feet in your shoes. . . . Feel the pace of your breath flowing in and out . . . and notice your intention to pause your mindful walk.



1. SPECIFIC

Write down your goal. Remember this is a behavior you want to begin doing — make it as specific and detailed as possible.

What steps will you take to help you reach your goals?

2. MEASURABLE

How will you track this goal? How will you know when the goal is met?

3. ATTAINABLE

Is this goal possible? Do you have all of the skills and resources to complete this goal? If not, how can you get them? Who can help?

4. RELEVANT

What value is this goal connected to? Why does this matter to you? Will this take you toward the life you want to live?

5. TIME BOUND

Set a due date and once you reach it, pause to review. Did you meet your due date? If yes, what is your next goal? If not, examine SMART goal steps to see where modifications need to be made. If you felt stuck, fill out a Life Map. And REPEAT!

I will reach my goal by:



MY VALUE IS:

1. SPECIFIC

Write down your goal. Remember this is a behavior you want to begin doing — make it as specific and detailed as possible.

What steps will you take to help you reach your goal?

2. TRACKING

How will you track this goal? How will you know when the goal is met?

3. END DATE

Set an end date and once you reach it, pause to review. Did you meet your end date? If yes, what is your next goal? If not, examine your STEPS to see where modifications need to be made. If you felt stuck, fill out a Life Map. And REPEAT!

I will reach my goal by:

4 . P O S S I B L E

**Is this goal possible? Do you have all of the skills and resources to complete this goal?
If not, how can you get them? Who can help?**

5 . S E T B A C K S

What barriers, both private and observable, could potentially arise that would get in the way of you reaching your goal? What can you do to prevent setbacks?

WORKING TOGETHER

Start by writing your individual answers to the first section and use that information to create your answers to the second section where you'll plan what to do next.

1. SEPARATELY, EACH PARTNER WRITES

WHY WE MATTER

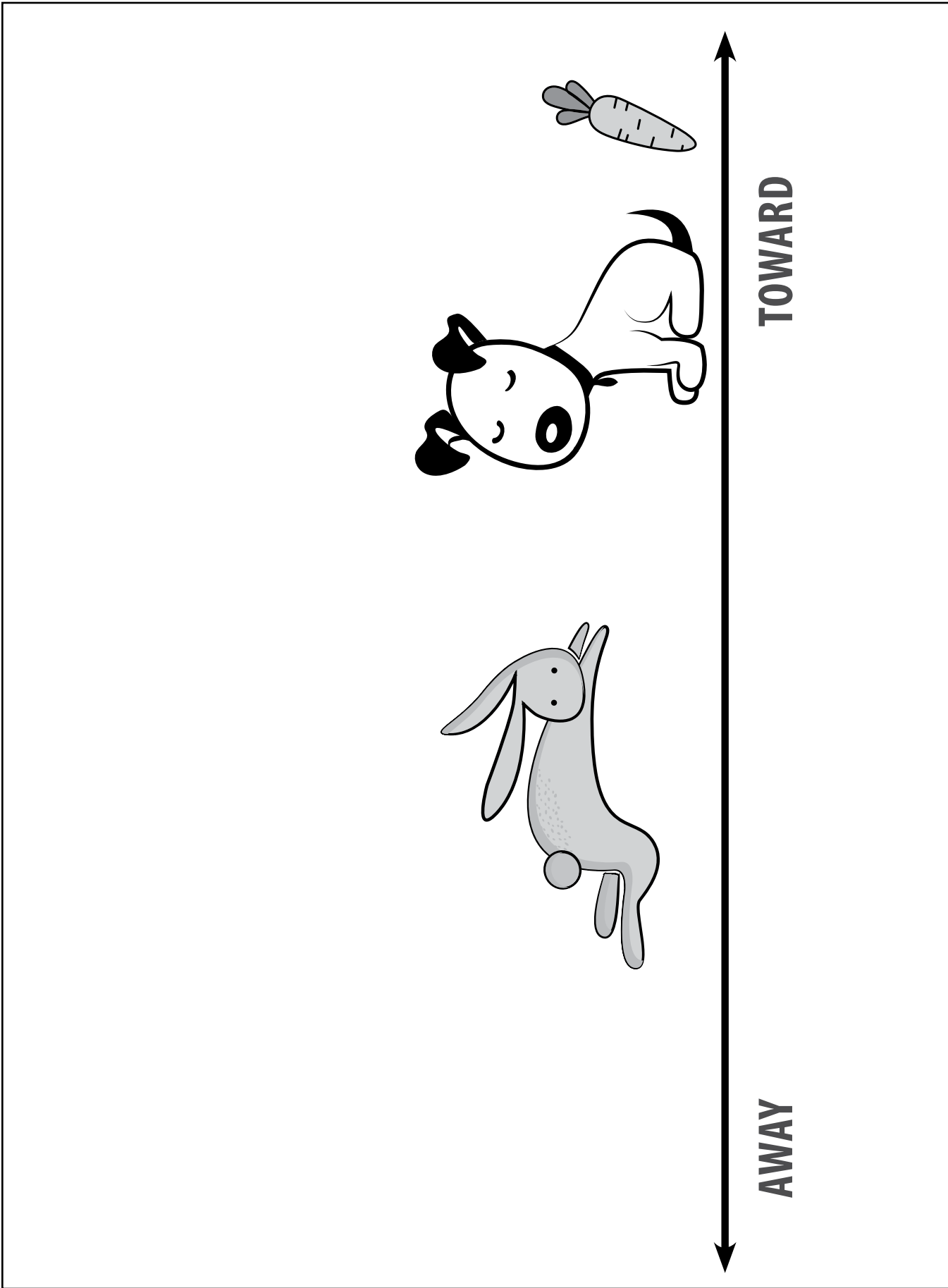
WHY WE MATTER

WHAT HOOKS ME

WHAT HOOKS ME

2. TOGETHER, WITH YOUR PARTNER PLAN

What do we want to be doing together to move us toward what matters as a couple? What can we do to support one another when we get hooked? What could each partner do for the other to support them when they're hooked?



WORKSHEET

BUILDING YOUR NARRATIVE

One of the most important things you should know about me from when I was younger is _____.

When I first started school, I remember that _____.

An important memory I have about school is when _____.

I remember really enjoying _____ and laughing about _____.

I remember a favorite vacation was _____ because _____.

When I was ____ I was sexually abused by _____.

I remember the first time it happened. The abuser said _____ and I responded by _____.

The abuser did things to me like _____ and also _____.

During the sexual abuse I felt _____.

The abuse went on for _____.

I kept the secret about being sexually abused for _____ because I was worried that _____.

The first person I told about the sexual abuse was _____.

When I told, I was surprised that _____.

Now my family _____.

If I were to see the abuser, I would _____.

Although when I think about the abuse, I feel _____.

There are a lot of things that cheer me up and make me feel better, like _____ and _____.

This past year, one of the things I did that I am very proud of is _____.

This is my life so far, and I hope that in the years ahead _____.

Present Moment

What makes it difficult to stay present with this client?
What distraction do you notice?

Acceptance

What topics or clinical experiences do you find yourself avoiding or shying away from with this client?

Defusion

What stuck stories do you have about this client: assumptions, thoughts, feelings, and memories that you could be fused with?

Values

What is important to you about working with this client?
What stands out to you about them as special or significant?

Commitment

What behaviors do you want to do more of in session with this client?
What can you plan and practice for yourself to do your best work?

Self-as-Context

What stuck stories do you have about yourself as a therapist?