



ACT SKILLS CARD

ACT Skills	Tally (x)
<p>1. Acceptance: <i>Noticing, accepting, and embracing all your experiences, even the unwanted or negative ones. Acceptance is not submission or tolerance – it's the openness to experiencing the moment, even if it's bad, so you can move your life forward in a way that matters to you. The opposite of Acceptance is Avoidance.</i></p> <p>When you think about doing something important that makes you uncomfortable (going on a date, asking for a raise, asking a stranger for help), scan your body and observe where you feel your anxiety most intensely. Maybe it's a lump in your throat or tightness in your chest. Now explore that lump or tightness like a curious scientist. Does it have a size? A temperature? A color? Make notes!</p> <p>Breathe into that lump or tightness, not trying to change it or make it go away (although you might want to!). Make room for it as it is. Let it come or go as it pleases. What does it feel like to acknowledge the discomfort but not engage with or resist it?</p>	
<p>2. Cognitive Defusion: <i>Noticing your thoughts and thinking processes, without getting too caught up in them or trying to alter or control them.</i></p> <p>a. Remind yourself that you are not your thoughts. If you're thinking "I'll never succeed," try rephrasing it. "I notice that I'm having the thought that I will never succeed."</p> <p>b. Thank your brain for trying to help you. Even if a thought is really bad, your brain is trying to solve a problem when it thinks it, even if all the ideas aren't good. Say "thank you, brain" and know you don't have to believe the suggestion.</p> <p>c. Try singing the thought or saying it in a funny voice. What would Mickey Mouse sound like if he was saying the thoughts in your head?</p>	
<p>3. Contact with the Present Moment: <i>Being fully aware your experiences as they are occurring in the here and now.</i></p> <p>a. Take a mindful moment. Just stop. Take a breath. Ask yourself, what do my senses tell me right now? What do I see, hear, feel, taste, and smell? What are the thoughts going through my head? Try not to judge any of it, just experience it. Make that moment as long as you want.</p> <p>b. Take sticker – nothing flashy, maybe just a blue dot. Put it somewhere where you'll see it every once in a while throughout the day. Every time you see that sticker, take a mindful moment. It's like doing a pushup for your mindfulness skills.</p>	
<p>4. Self as Context: <i>Getting in touch with your deep sense of self – the Observer part of you who just sits behind your eyes, experiencing your life without attachment, the part of you that observes your thoughts and feelings without being them.</i></p> <p>Stop and silently listen to what you are saying to yourself, to the voice in your head. Once you are listening closely, ask yourself the following two questions:</p> <p>Am I the thoughts that are going through my head?</p> <p>Or, am I the one who is aware of these thoughts that are going through my head?</p> <p>If we're more than just our thoughts and feelings, our fears and rules, does that give us freedom not to engage with those thoughts, when we don't want to?</p> <p>What would you do, if you weren't engaging with your problematic thoughts?</p>	

<p>5. Values: <i>Recognizing what matters most to you in life and what you want your life to be about.</i></p> <p>List your values – in terms of the kind of person you want to be and the personal qualities that are important to you – and think about how they relate to what you’re doing right now – working, dating, recovering, whatever. From time to time, take one value from this list and set yourself a little personal goal that relates to it.</p> <p>For example, if you value being supportive to colleagues, ask someone who appears to be struggling to join you for coffee to discuss how things are going.</p>	
<p>6. Committed Action: <i>Doing the things that bring your values to life</i></p> <p>Based on your values, set up a SMART Goal for the task you want to accomplish</p> <ol style="list-style-type: none"> Choose something Specific that you want to get done Decide how to Measure it: when will you know that it’s done? Make sure that your goal is Attainable – is this goal realistic? Is your goal Relevant to your values – is this really going to be meaningful to you? Make your goal Time-framed – give yourself a deadline. 	

ACT SKILLS CARD LOG

Date (DD/MM)	Skill Used (#)	Description of Event and Use of Skill