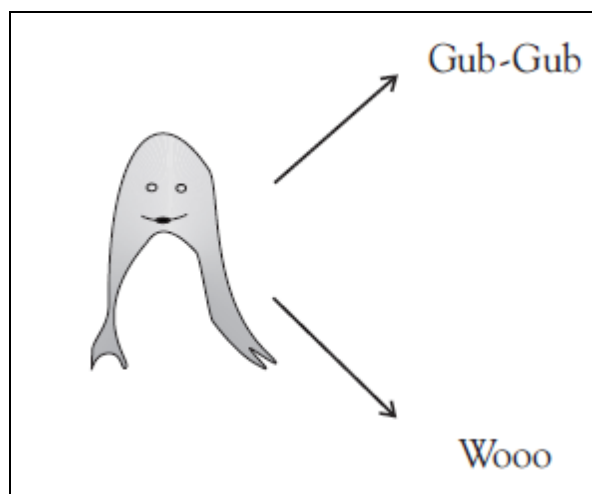


GET OUT OF YOUR MIND & INTO YOUR LIFE:
THE NEW ACCEPTANCE & COMMITMENT THERAPY

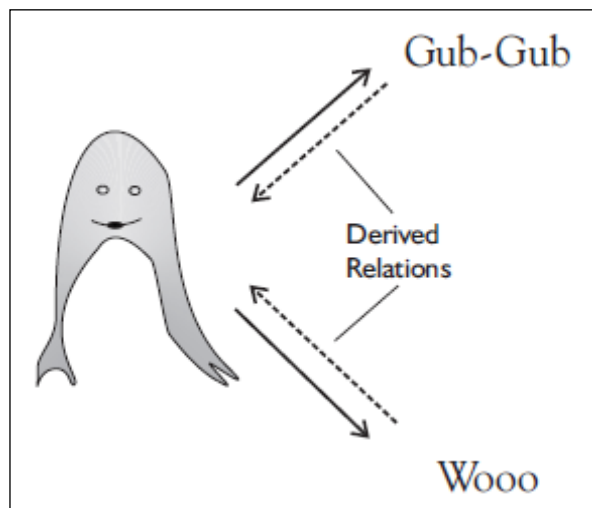
BY STEVEN C. HAYES, PH.D.,
WITH
SPENCER SMITH

Figure 2.1



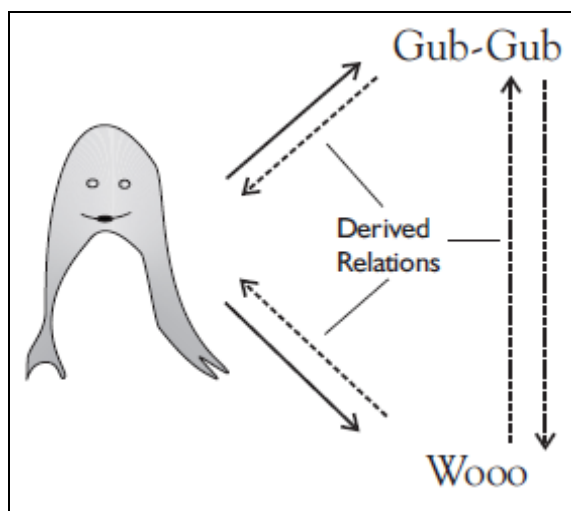
The gub-gub and its directly trained name and sound.

Figure 2.2



The relational network expands.

Figure 2.3



Gub-gubs go “woo”: the relational network is completed.

Exercise: The Coping Strategies Worksheet

Please glance at the Coping Strategies Worksheet below, and then return here for directions on how to work with it. In the column on the left, write down a painful thought or feeling. (This can be taken from the Suffering Inventory you generated in chapter 1 if you wish. It can also be something entirely different if you have a more pressing thought or feeling that you would like to address right now.)

Then, in the second column, write down one strategy you've used to cope with this painful thought or feeling. Once you've done this, please rank your coping strategy for two sets of outcomes. The first asks you to rate how effective your coping strategy has been in the short term. That is, how much immediate relief do you get from the behavior? For the second ranking, rate your strategy for how effective it's been in the long term.

Think about how much of your total pain is caused by your painful thought or feeling. Has your coping behavior reduced your pain over time? Rate each short- and long-term strategy on a scale from 1 to 5 where 1 is not effective at all and 5 is incredibly effective. For the time being, simply note your rankings. We will look at what they mean in greater detail later in this chapter.

For example, suppose someone writes a thought like this: "I'm not sure life is worth living" in the "Painful thought or feeling" column. The coping technique the person uses may be to have a beer, watch sports, and try not to think about it. While watching TV, the short-term effectiveness of the strategy may be ranked a 4; but later, the thoughts may be stronger than ever and the long-term effectiveness may be ranked a 1.

Coping Strategies Worksheet			
Painful thought or feeling	Coping technique	Short-term effectiveness	Long-term effectiveness

If you find that you aren't sure what you've been doing to cope, it may be best to collect this information first in diary form. You can print out multiple copies of the form on the next page and use it to record what happens in your life when you experience something psychologically painful. Note the situation (what happened that evoked a difficult private experience); what your specific internal reactions were (particular thoughts, feelings, memories, or physical sensations); and the specific coping strategy you used then (e.g., distracting yourself, trying to argue your way out of your reactions, leaving the situation). After making entries like these in diary form for a period of one week, you should have a better understanding of what coping strategies you have been using and how effective they are.

Coping Strategies Diary Entries				
Date	Situation			
Difficult private reactions: (e.g., thoughts, feelings, sensations)				
Distress/disturbance level: (when it first happened)		Not distressing/ disturbing 1	2	3
		4	Extremely distressing/ disturbing 5	
Coping strategy: (my response to my private reactions)				
Short-term effects:		Not at all effective 1	2	3
		4	Incredibly effective 5	
Long-term effects:		Not at all effective 1	2	3
		4	Incredibly effective 5	

Figure 2.4: More avoidance, more pain.

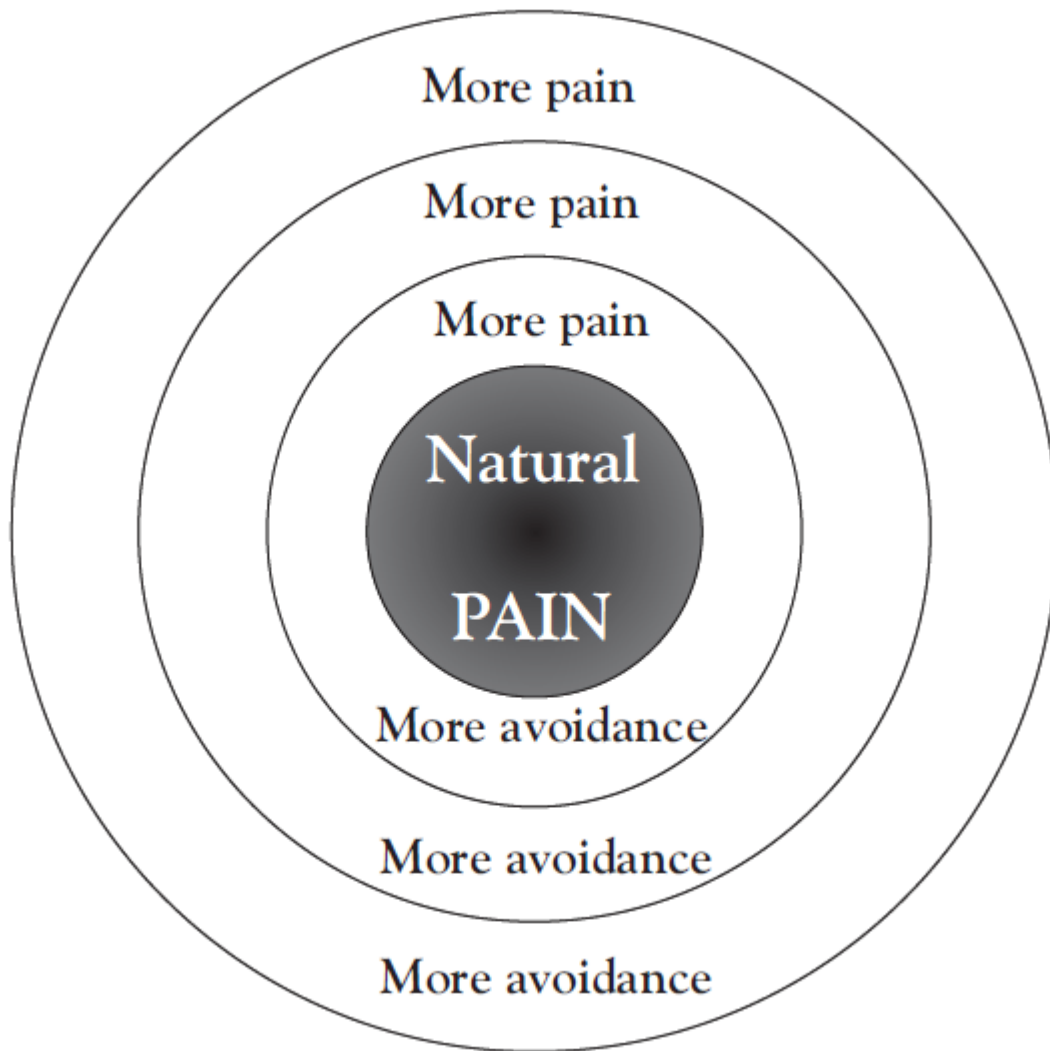


Figure 3.1: The Chinese finger trap.



Exercise: The Blame Game

In the space provided below, write down some examples of blaming yourself or others for any negative events that you've experienced. Then, on a scale of 1 to 10, rate how well your examples worked to motivate and empower you to live your life in a more vital, fulfilling, and liberated way. (In this scale, 1 means not empowered at all and 10 means empowered to the max.)

Blaming Examples	Vitality Empowerment Ratings 1-10

Exercise:
Judging Your Own Experience: Examining What Works

Day	Pain	Struggle	Overall Success
-----	------	----------	-----------------

_____	_____	_____	_____
-------	-------	-------	-------

Any notes about painful events felt today? _____

Day	Pain	Struggle	Overall Success
-----	------	----------	-----------------

_____	_____	_____	_____
-------	-------	-------	-------

Any notes about painful events felt today? _____

Day	Pain	Struggle	Overall Success
-----	------	----------	-----------------

_____	_____	_____	_____
-------	-------	-------	-------

Any notes about painful events felt today? _____

Day	Pain	Struggle	Overall Success
-----	------	----------	-----------------

_____	_____	_____	_____
-------	-------	-------	-------

Any notes about painful events felt today? _____

Day	Pain	Struggle	Overall Success
-----	------	----------	-----------------

_____	_____	_____	_____
-------	-------	-------	-------

Any notes about painful events felt today? _____

Day	Pain	Struggle	Overall Success
-----	------	----------	-----------------

_____	_____	_____	_____
-------	-------	-------	-------

Any notes about painful events felt today? _____

Day	Pain	Struggle	Overall Success
-----	------	----------	-----------------

_____	_____	_____	_____
-------	-------	-------	-------

Any notes about painful events felt today? _____

An Example of a Daily Pain Diary

Suppose someone who is stuck in a dead-end job and struggles with social anxiety filled out the Daily Pain Diary. It might look something like this:

Day: *Monday*

Time	What were you doing or what happened?	What did you start struggling with psychologically?	What thoughts (in addition to any in the third column) came up in association with that struggle?
12 am			
1 am			
2 am			
3 am			
4 am			
5 am			
6 am	<i>I woke up feeling pissed off</i>	<i>How much I hate my job</i>	<i>I'm wasting my life in this stupid job</i>
7 am			
8 am	<i>I was driving in for a meeting with my boss</i>	<i>I started to notice my heart beating faster and I thought "Oh God"</i>	<i>I can't stand this feeling of anxiety</i>
9 am			
10 am	<i>I had to make a "cold call" on a possible sale</i>	<i>I felt like I might be getting sick. I thought "not again"</i>	<i>If I get panicky, I might lose control of myself</i>

11 am			
12 pm	<i>I was eating a cheap meal at a burrito place</i>	<i>My life doesn't seem to be going anywhere</i>	<i>I will always be like this</i>
1 pm	<i>I was feeling bored. I looked at my coworkers making calls in the "boiler room"</i>	<i>I started to sweat and I wanted to run out of the room</i>	<i>It's not fair I have to struggle when others are doing so well</i>
2 pm			
3 pm	<i>Someone hung up on me</i>	<i>Felt a strong and frightening urge to smash the phone</i>	<i>Everyone else is doing better than I am</i>
4 pm			
5 pm			
6 pm	<i>Relieved work was over</i>	<i>A feeling of loneliness and emptiness came up for me</i>	<i>I'm just a worthless person</i>
7 pm			
8 pm			
9 pm			
10 pm	<i>Lay down in my bed</i>	<i>Felt lonely. I thought "no one wants to be with me."</i>	<i>I'm not worthy of love</i>
11 pm			

Exercise: Your Daily Pain Diary

Day: _____

Time	What were you doing or what happened?	What did you start struggling with psychologically?	What thoughts (in addition to any in the third column) came up in association with that struggle?
12 am			
1 am			
2 am			
3 am			
4 am			
5 am			
6 am			
7 am			
8 am			
9 am			
10 am			

11 am			
12 pm			
1 pm			
2 pm			
3 pm			
4 pm			
5 pm			
6 pm			
7 pm			
8 pm			
9 pm			
10 pm			
11 pm			

Figure 5.1: The mind-train.



Figure 5.2: Getting stuck on the mind-train.



Figure 7.1: Your body.

Tight

Loose

Achy

Sore

Light

Heavy

Constricted

Relaxed

Comfortable

Painful

Warm

Cold

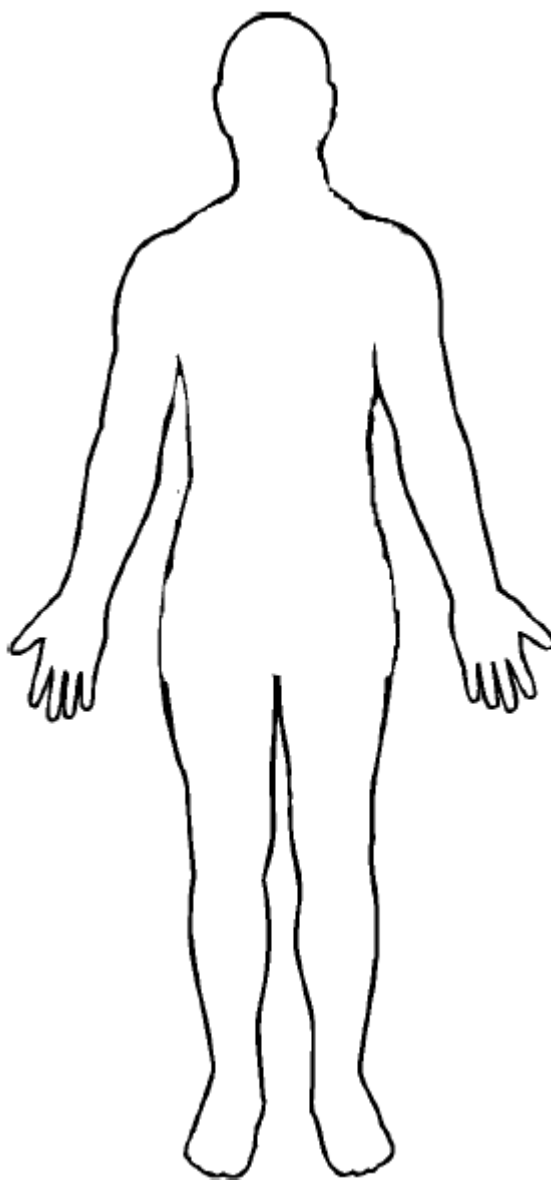


Figure 9.1: The pain in your head.

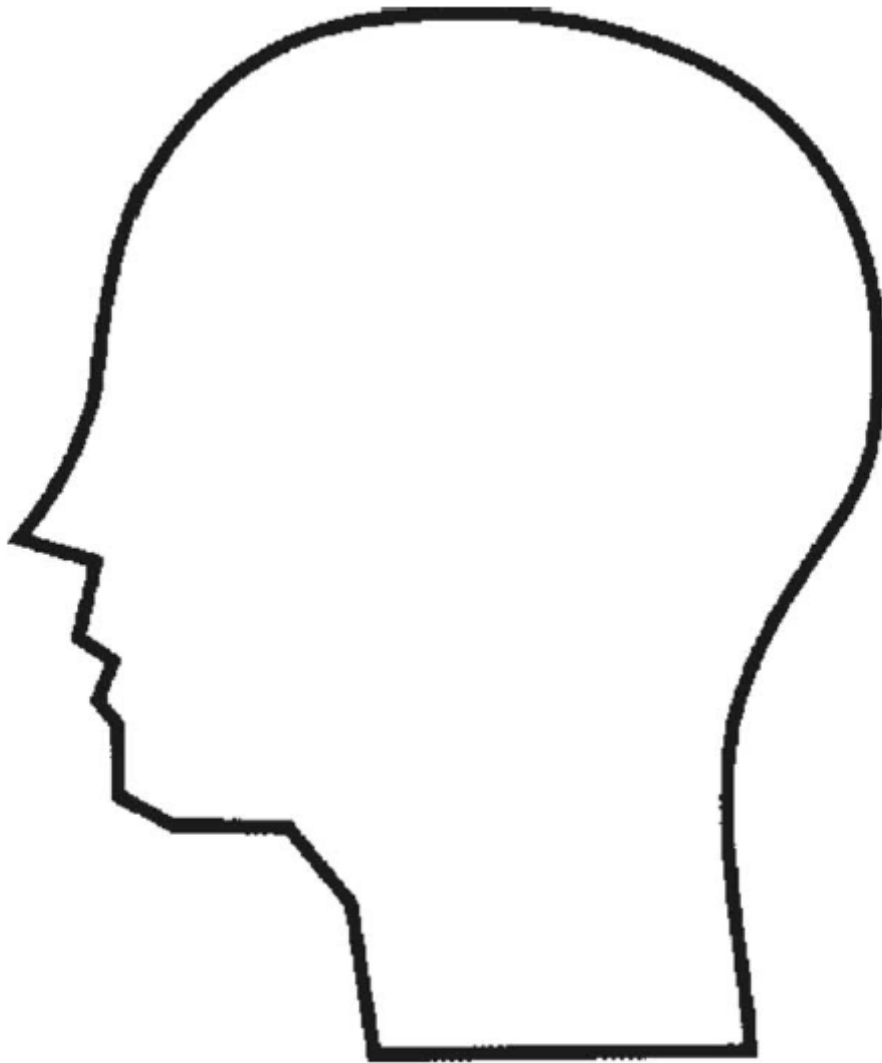


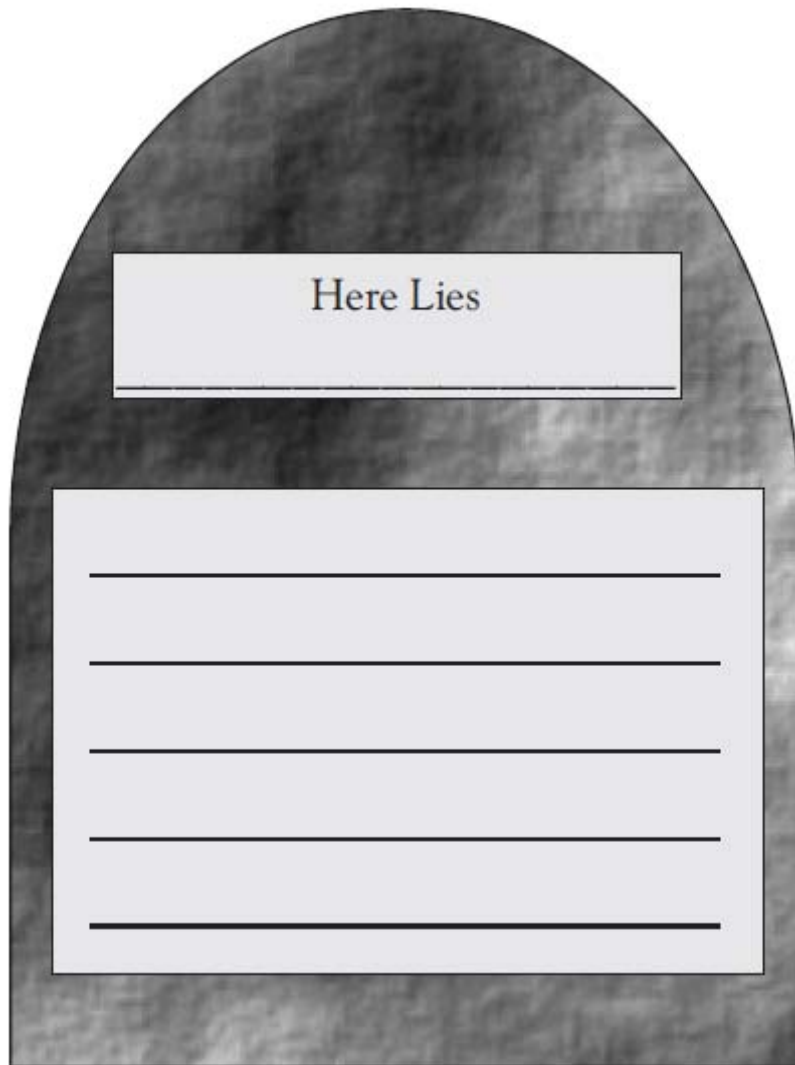
Figure 9.2: What the pain in your head might look like.



Exercise: Acceptance in Real-Time

Scenario	Rank

Figure 12.1: Your epitaph.



Here Lies

Table 12.1: Ranking Your Values				
Domain	Value	Importance	Manifestation	Life Deviation
Marriage/Couple/ Intimate Relationships				
Parenting				
Other Family Relations				
Friendship/ Social Relations				
Career/Employment				
Education/Training/ Personal Growth				
Recreation/Leisure				
Spirituality				
Citizenship				
Health/ Physical Well-Being				

Exercise: Goals Worksheet

Value: _____

This value will be manifested in the following long-term goal:

1. _____

Which, in turn, will be manifested in these short-term goals:

1. _____

2. _____

3. _____

This value will be manifested in the following long-term goal:

2. _____

Which, in turn, will be manifested in these short-term goals:

1. _____

2. _____

3. _____

Repeat this process until you have a good working set. (It need not be comprehensive; you can always add and subtract from these at any time.)

Exercise: Expected Barriers

In the following chart fill in a word or two to remind you of the barriers you expect to face along your valued path, as well as strategies you might use to mindfully defuse from and accept these barriers.

Barriers	ACT Strategies

You can practice “inhaling” your barriers in your imagination, but the very best way to work on this is in the context of action. Be careful! Your mind will tell you that the strategies you selected are supposed to *get rid* of barriers. That is very unlikely, and it is a very old agenda. The purpose of these strategies should be to defuse from and make room for the psychological issues that have been stopping you from acting in your own interests.

Values Form			
Value: _____			
Goals	Actions	Barriers	Strategies

Valued Living

Use these charts to keep a record over the next few weeks of your ratings of how important each of these life areas are to you (these ratings may not change very much), and how consistent your actions have been with each of your values. Each week, mark your ratings by putting in the appropriate box a forward stroke (/) in, say, red ink for your importance ratings, and a backward stroke (\) in, say, black ink, for your consistency ratings.

Family (other than marriage or parenting)	
10	
9	
8	
7	
6	
5	
4	
3	
2	
1	
	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16

Week

Education/training/personal development	
10	
9	
8	
7	
6	
5	
4	
3	
2	
1	
	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16

Week

Marriage/couple/intimate relations	
10	
9	
8	
7	
6	
5	
4	
3	
2	
1	
	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16

Week

Recreation/fun	
10	
9	
8	
7	
6	
5	
4	
3	
2	
1	
	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16

Week

Parenting	
10	
9	
8	
7	
6	
5	
4	
3	
2	
1	
	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16

Week

Spirituality	
10	
9	
8	
7	
6	
5	
4	
3	
2	
1	
	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16

Week

Friends/social life	
10	
9	
8	
7	
6	
5	
4	
3	
2	
1	
	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16

Week

Citizenship/community life	
10	
9	
8	
7	
6	
5	
4	
3	
2	
1	
	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16

Week

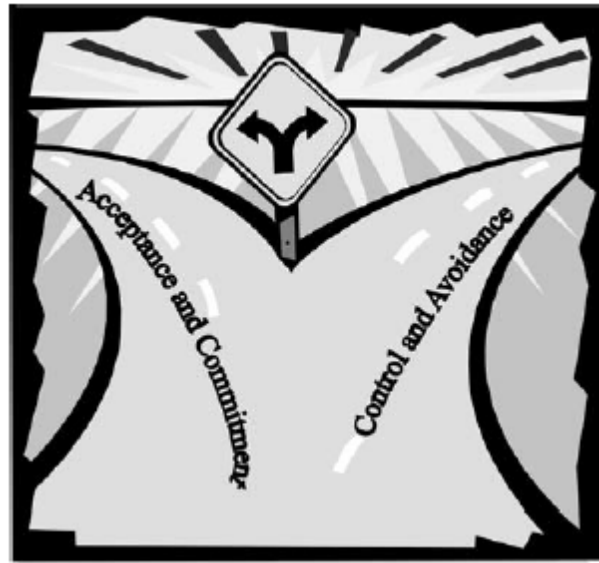
Work	
10	
9	
8	
7	
6	
5	
4	
3	
2	
1	
	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16

Week

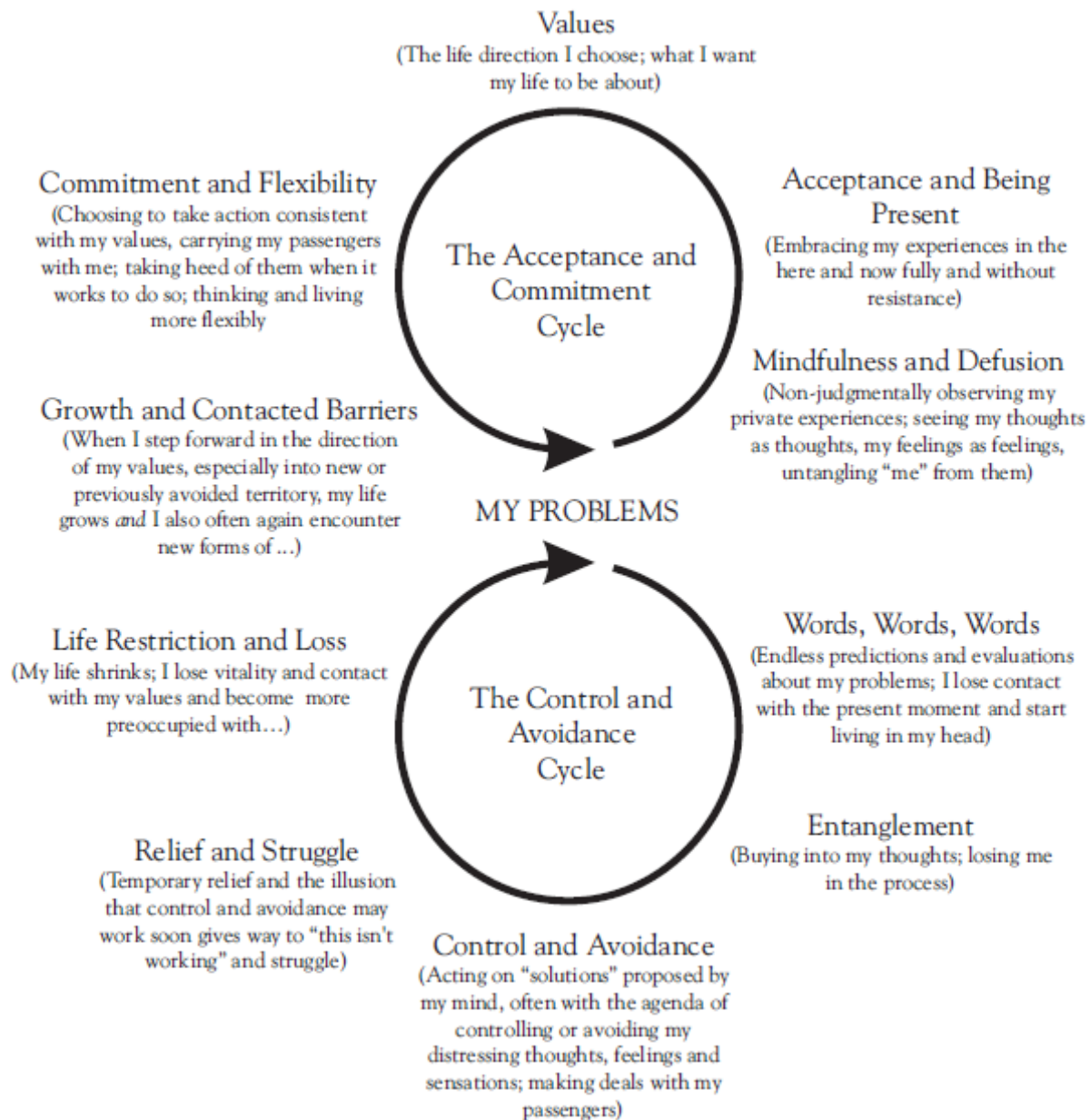
Physical self care (diet, exercise, sleep)	
10	
9	
8	
7	
6	
5	
4	
3	
2	
1	
	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16

Week

Conclusion. Figure 1: The crucial fork in the road.



Conclusion. Figure 2: The Acceptance Cycle and the Avoidance Cycle.



Conclusion. Figure 3: The spirals of vitality and inflexibility in life.

