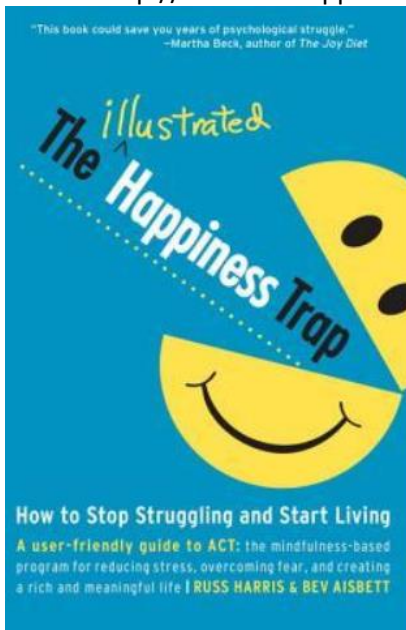
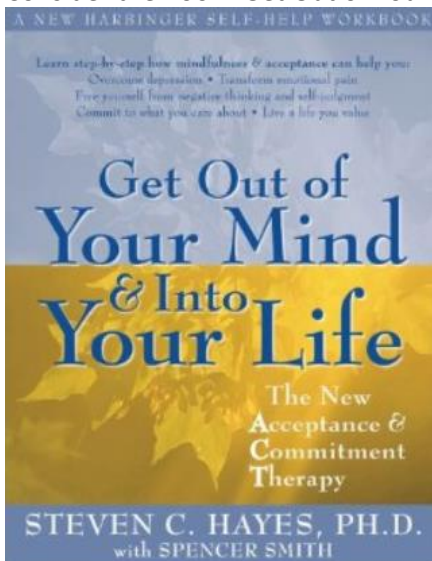


ACT BASED RESOURCES

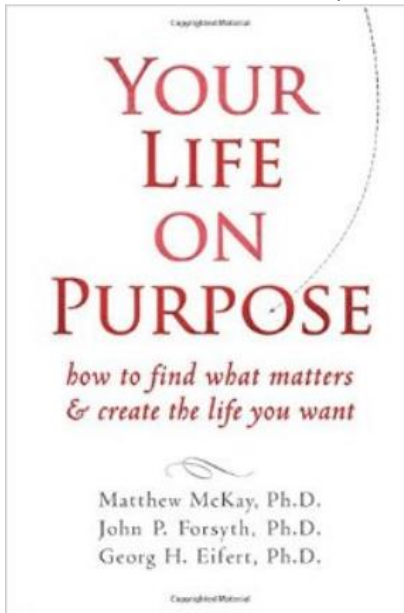
- Frank Gallo: **ACT For Police**, www.actforpolice.com
- Consider joining the Association for Contextual Behavioral Science (ACBS) for free resources and material regarding Acceptance and Commitment Therapy
 - o Join the Yahoo list serve ACT for the Public. This is the link: http://health.groups.yahoo.com/group/ACT_for_the_Public/join It's free
 - o https://contextualscience.org/uniformed_services
- Self-Help/Maintenance Activities
 - o Consider the book "The Happiness Trap" – Illustrated Version by Russ Harris, M.D.
 - <http://www.thehappinesstrap.com/>
 - [http://www.thehappinesstrap.com/upimages/ACT Made Simple - Client Handouts and Worksheets.pdf](http://www.thehappinesstrap.com/upimages/ACT_Made_Simple_-_Client_Handouts_and_Worksheets.pdf)
 - <http://www.actmindfully.com.au/index.asp?pageid=260>
 - http://www.thehappinesstrap.com/free_resources



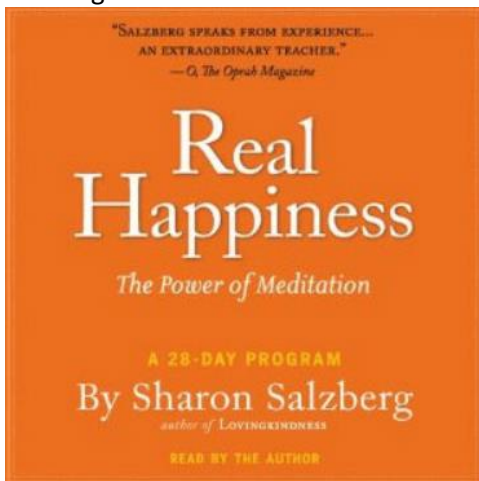
- o Consider the Book "Get Out of Your Mind and Into Your Life" By Steven Hayes, Ph.D.



- Consider the book “Your Life on Purpose” by McKay, Forsyth, and Eifert



- Formal Mindfulness Practice
 - o Consider the book “Real Happiness: The Power of Meditation – 28 day mindfulness program” by Sharon Salzberg



- o Also consider downloading the free smart phone applications “The Mindfulness App”, “Calm”, or “Insight Timer” for daily, personal mindfulness practice

ACT BASED YOU-TUBE VIDEOS

STEVEN HAYES, PH.D

Panic, Anxiety, Psychological Flexibility

https://www.youtube.com/watch?v=o79_gmO5ppg&nohtml5=False

BRENE BROWN

Listening to Shame

[http://www.bing.com/videos/search?q=tal+talk+-](http://www.bing.com/videos/search?q=tal+talk+-+brene+brown&FORM=VIRE5#view=detail&mid=5CC8B227B68E5F7F9E355CC8B227B68E5F7F9E35)

[+brene+brown&FORM=VIRE5#view=detail&mid=5CC8B227B68E5F7F9E355CC8B227B68E5F7F9E35](http://www.bing.com/videos/search?q=tal+talk+-+brene+brown&FORM=VIRE5#view=detail&mid=5CC8B227B68E5F7F9E355CC8B227B68E5F7F9E35)

Power of Vulnerability

<https://www.youtube.com/watch?v=iCvmsMzIF7o>

Brene Brown Website

<http://www.courageworks.com/>

ACT VIDEO CLIPS - RUSS HARRIS ACT VIDEOS

<https://www.youtube.com/channel/UC-sMFszAaa7C9poytIAmBvA>

Struggling with Anxiety

<https://www.youtube.com/watch?v=rCp1l16GCXI>

Unwelcomed Party Guest

<http://www.bing.com/videos/search?q=acceptance%20and%20commitment%20therapy%20-%20willingness&qsn&form=QBVR&pq=acceptance%20and%20commitment%20therapy%20-%20willingness&sc=2-47&sp=-1&sk=#view=detail&mid=4577CA5BDFECA34419784577CA5BDFECA3441978>

Demons on a Boat

<http://www.bing.com/videos/search?q=acceptance%20and%20commitment%20therapy%20-%20willingness&qsn&form=QBVR&pq=acceptance%20and%20commitment%20therapy%20-%20willingness&sc=2-47&sp=-1&sk=#view=detail&mid=D501AAECEC37DD342CDAD501AAECEC37DD342CDA>

Struggling with Internal Hijackers

<http://www.bing.com/videos/search?q=explaining%20acceptance%20and%20commitment%20therapy%20to%20children&qsn&form=QBVR&pq=explaining%20acceptance%20and%20commitment%20therapy%20to%20children&sc=0-0&sp=-1&sk=#view=detail&mid=4EB670E793B2FFA6A8234EB670E793B2FFA6A823>

Passengers on a Bus

<http://www.bing.com/videos/search?q=acceptance%20and%20commitment%20therapy%20-%20willingness&qsn&form=QBVR&pq=acceptance%20and%20commitment%20therapy%20-%20willingness&sc=2-47&sp=-1&sk=#view=detail&mid=C004045F5843C6221959C004045F5843C6221959>

Values vs. Goals

<https://www.youtube.com/watch?v=T-lRbuy4XtA>

SELF-COMPASSION WEBSITES**Kristin Neff Self-Compassion Website**

<http://self-compassion.org/category/exercises/>

The Space Between Self-Esteem and Self Compassion: Kristin Neff at TED

<https://www.youtube.com/watch?v=lvtZBUSplr4>

Self Compassion Website

http://www.mindfulselfcompassion.org/resources_handouts.php

Compassion Letter to Myself

<http://www.mindfulselfcompassion.org/handouts/CompassionateLetterMyself.pdf>

MINDFULNESS EXERCISES/RESOURCES



Observe
the mind's
traffic with
LOVE.



BODY SCAN

<http://www.mindingthebedside.com/wp-content/uploads/2011/05/Body-Scan-script.pdf>

Yoga Nidra for Sleep

<https://www.doyogawithme.com/content/yoga-nidra-sleep>

<http://www.yoganidranetwork.org/downloads>

https://www.youtube.com/watch?v=Mkx88_3cD-s

Free Guided Mindfulness Meditation Links

<http://www.freemindfulness.org/download>

<http://www.positivityresonance.com/meditations.html>

<http://franticworld.com/free-meditations-from-mindfulness/>

<http://www.self-compassion.org/LKM.self-compassion.MP3>

<http://tarabrach.com/audioarchives-guided-meditations.html>

<http://www.mindfulcompassion.com/what-we-do-1-1/>

<http://elishagoldstein.com/videos/>

www.smilingmind.com.au/

www.meditationoasis.com/podcast/listen-to-podcast/

<http://marc.ucla.edu/body.cfm?id=22>

<http://palousemindfulness.com/selfguidedMBSR.html> ** **HIGHLY RECOMMENDED**

Michael Chaskalson's free MP3's with the link in his book that takes people through the 8 week MBSR course. So you could pop him an email and ask for the link. Here is his website: <http://www.mbsr.co.uk>

Free app "**Insight Timer**." It currently has over 500 guided meditations from all the great leaders including Elisha Goldstein, Tara Brach, etc. Each meditation is rated and highlights what topic it's on and how long it is. It also has perks like having a timer with gong signals if you choose to meditate independently and a community of meditators that you can interact with.

Michelle P. Maidenberg,
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"Leaves on a Stream" – Cognitive Defusion Exercise



"Nothing can bring you peace but yourself." – *Ralph Waldo Emerson*

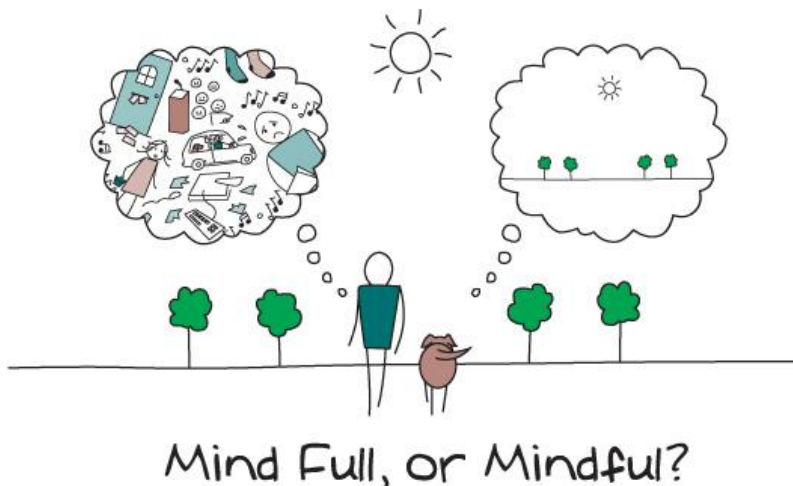
Acceptance and Commitment Therapy (ACT) provides us with the tools to practice cognitive defusion, which is the willingness to let go of the attachment and over-identification with thoughts that cause suffering. When fusion to thoughts becomes problematic, those thoughts become "true" and "real" in ways that prevent us from engaging in workable action and living according to chosen values. Essentially, cognitive fusion serves to keep us "stuck" in problematic patterns of thinking that lead to same old inevitable consequences: emotional suffering. It doesn't have to be this way. Cognitive defusion is a tool that, when mindfully and diligently practiced, serves to disentangle you from thoughts that cause you to suffer. **The first step is to recognize that you are the observer of your thoughts, not the thoughts themselves.** You are the eternal and mindful presence that is capable of noticing your thoughts enter into conscious awareness, sit in the forefront of your awareness, and then leave awareness. The way to begin to free yourself from unnecessary emotional suffering begins with your willingness to look at your thoughts in a **new way**. If your patterns of thinking or negative self-talk tends to cause you significant emotional distress, begin to ask yourself how willing you are to try to consider those thoughts differently. Rather than choose to become "caught up" in negative thinking to the point where you lose perspective, begin to let go of your attachment to that negative thinking.

“Leaves on a Stream” Mindfulness Exercise

- (1) Sit in a comfortable position and either close your eyes or rest them gently on a fixed spot in the room.
- (2) Visualize yourself sitting beside a gently flowing stream with leaves floating along the surface of the water. *Pause 10 seconds.*
- (3) For the next few minutes, take each thought that enters your mind and place it on a leaf... let it float by. Do this with each thought – pleasurable, painful, or neutral. Even if you have joyous or enthusiastic thoughts, place them on a leaf and let them float by.
- (4) If your thoughts momentarily stop, continue to watch the stream. Sooner or later, your thoughts will start up again. *Pause 20 seconds.*
- (5) Allow the stream to flow at its own pace. Don’t try to speed it up and rush your thoughts along. You’re not trying to rush the leaves along or “get rid” of your thoughts. You are allowing them to come and go at their own pace.
- (6) If your mind says “This is dumb,” “I’m bored,” or “I’m not doing this right” place *those thoughts* on leaves, too, and let them pass. *Pause 20 seconds.*
- (7) If a leaf gets stuck, allow it to hang around until it’s ready to float by. If the thought comes up again, watch it float by another time. *Pause 20 seconds.*
- (8) If a difficult or painful feeling arises, simply acknowledge it. Say to yourself, “I notice myself having a feeling of boredom/impatience/frustration.” Place those thoughts on leaves and allow them float along.
- (9) From time to time, your thoughts may hook you and distract you from being fully present in this exercise. This is *normal*. As soon as you realize that you have become sidetracked, gently bring your attention back to the visualization exercise.

What was it like for you to engage in this brief cognitive defusion visualization exercise? Be patient and compassionate with yourself if you found yourself struggling to remain fully present and mindful. This is natural. Begin to reframe any difficulties that you may have encountered during this visualization exercise as opportunities for growth. Cognitive defusion is a tool that takes practice to become skilled. The potential rewards of choosing to engage in regular mindful awareness and cognitive defusion is the ultimate freedom from the unnecessary suffering of maladaptive thoughts. Loosen their grip on you and choose to become the mindful observer.

Mindful Eating: A Taste of Mindfulness



As our lives get busier and more frantic, eating has become an activity that we usually do alongside other activities. Be it watching TV, working, answering emails, or thinking about what we need to do next; rarely do we eat our meals with mindfulness and enjoy the flavors of the food. It’s almost as though we don’t consider eating interesting enough that we need to create further excitement by reading the news, checking Twitter or texting. I’m sure we have all experienced getting to the end of the meal and wondering where it all went, or we wish we could have just one more bite to enjoy the flavor of the food.

Another aspect of mindless eating that we are usually guilty of, is looking forward to the next bite instead of savoring the mouthful that is already in our mouth. We're thinking about how good the next spoonful will be, or worst still, we're thinking about the *delicious dessert* we plan to eat after our *delicious meal*. And this is something we all experience. ***Our mind always seems to be looking forward to something better in the future, even if the future is just a spoonful of food away.***

Eating without mindfulness is what most of us are doing on a daily basis. We 'hoover' in the food to satisfy the hunger pains so we can move onto life's more important tasks. But the practice of mindfulness teaches us that there is nothing more precious than the present moment, so even eating becomes an activity that is worthy of our undivided attention.

Learning to practice mindful eating brings us back into the present moment. It allows us to fully enjoy each part of the eating experience. It is a technique that requires us to be completely aware of the movements and sensations we experience when we eat or drink. When you eat with mindfulness, you can actually taste, experience and enjoy *all* the flavors. The meals are highly satisfying because you are really being present with the food.

Cultivating mindfulness through eating is a helpful way to increase our overall awareness and mindfulness. Practicing mindfulness in general has many great benefits such as reducing our stress levels, increasing our happiness, and allowing us to slow down and really enjoy our days with the people we love. If we can practice mindfulness eating meditation for one meal or even a snack, it can help to foster a greater awareness and calmness which we can then bring into the rest of our day.

Eating One Raisin: A First Taste of Mindfulness

Holding

First, take a raisin and hold it in the palm of your hand or between your finger and thumb. Focusing on it, imagine that you've just dropped in from Mars and have never seen an object like this before in your life.

Seeing

Take time to really see it, gaze at the raisin with care and full attention. Let your eyes explore every part of it, examining the highlights where the light shines, the darker hollows, the folds and ridges, and any asymmetries or unique features.

Touching

Turn the raisin over between your fingers, exploring its texture, maybe with your eyes closed if that enhances your sense of touch.

Smelling

Holding the raisin beneath your nose, with each inhalation drink in any smell, aroma, or fragrance that may arise, noticing as you do this anything interesting that may be happening in your mouth or stomach.

Placing

Now slowly bring the raisin up to your lips, noticing how your hand and arm know exactly how and where to position it. Gently place the object in the mouth, without chewing, noticing how it gets into the mouth in the first place. Spend a few moments exploring the sensations of having it in your mouth, exploring it with your tongue.

Tasting

When you are ready, prepare to chew the raisin, noticing how and where it needs to be for chewing. Then, very consciously, take one or two bites into it and notice what happens in the aftermath, experiencing any waves of taste that emanate from it as you continue chewing. Without swallowing yet, notice the bare sensations of taste and texture in the mouth and how these may change over time, moment by moment, as well as any changes in the object itself.

Swallowing

When you feel ready to swallow the raisin, see if you can first detect the intention to swallow as it comes up, so that even this is experienced consciously before you actually swallow the raisin.

Following

Finally, see if you can feel what is left of the raisin moving down into your stomach, and sense how the body as a whole is feeling after completing this exercise in mindful eating.¹

There is no special ceremony we have to perform to do a mindful eating meditation. In fact, in the book, *Savor: Mindful Eating, Mindful Life*, well-known Vietnamese Buddhist teacher, Thich Nhat Hanh, explains how we can use a simple apple to practice a mindful eating meditation. He suggests sitting quietly, without any distractions such as browsing the internet or watching the TV. We should give our complete attention to the apple, because by "...being focused and slowing down [it] will allow you to truly savor all the qualities the apple offers: its sweetness, aroma, freshness, juiciness, and crispness." We have to admit that these are probably qualities that we have overlooked time and time again, irrespective of the number of apples we've eaten during our lifetime.

Thich Nhat Hanh then advises that we should spend some time taking note of the apple's characteristics. "What kind of apple is it? What color is it? How does it feel in your hand? What does it smell like?" Only once we have spent time examining the apple do we actually take a bite of it. And even then we should chew slowly, examining the taste, examining the sensation of chewing and swallowing, and our reactions to it. During this time Thich Nhat Hanh says that, "There is nothing else filling your mind as you chew — no projects, no deadlines, no worries, no 'to do' list, no fears, no sorrow, no anger, no past, and no future. There is just the apple."

We should continue to eat the apple with complete awareness, until the whole apple is finished. By savoring the apple and being with it one hundred percent, you will "...really appreciate the apple as it is. And as you become fully aware of eating the apple, you also become fully aware of the present moment. You become fully engaged in the here and now. Living in the moment, you can really receive what the apple offers you, and you become more alive."

Another great mindfulness eating meditation that has been popularized by Jon Kabat-Zinn is the Raisin Exercise. It requires taking one sole raisin (or sultana) and eating it with a great sense of curiosity.

When we do mindful eating meditations it is good to reflect for a minute on how the apple/raisin/food has come to be here right in front of you. It hasn't just magically appeared. It has come here as a result of the hard work of others (i.e. harvesting, packing, transporting, placing on the shelves). Within the food, we can see not only the workers, but also the eco-system that has become part of this food: we can see the sun, the rain, the soil and the clouds all there within the food. As Thich Nhat Hanh points out, "Without the combination of these far-reaching elements and without the help of many people, the apple would simply not exist." When we take a moment to consider this, a feeling of gratitude arises. We can bring this sense of gratitude to many other things in our lives as well, such as our car, electricity, fridge and blankets, just to name a few. Everything we own is a result of nature and the kindness and hard work of others. If we can remember this, we may never feel isolated or lacking again.

As we eat, we should consider how extraordinary this moment is. This same food cannot be eaten by us or anyone else at another time. This moment, this experience, is most precious because we can never replicate it again (with the same apple, raisin, etc.).

Eating with mindfulness means we will avoid ingesting all the stress, anxiety and unrest of a distracted mind. And aside from the benefit of really enjoying our food, the calmness and presence we cultivate from eating mindfully will help us to enjoy life more as well. With increased awareness we will be more present with others, and we will ride the 'waves' of life with greater ease as opposed to drowning in them. Ultimately, mindfulness is an invaluable tool for those who practice meditation, as mindfulness is an essential tool for improving our concentration, which leads to greater insights.

Urge Surfing

Urge surfing is a term coined by Alan Marlatt as part of a program of relapse prevention he developed for people recovering from addictions to alcohol and other drugs. It can actually be used to help with any addictive behavior such as gambling, overeating, inappropriate sex or any other destructive impulses. Urges for substance use rarely last for very long. In fact, they almost never last for longer than about 30 minutes, if there is no opportunity to use. If there is no opportunity to use then there is no internal struggle. ***It is this internal struggle that feeds the cravings.*** Trying to fight cravings is like trying to block a waterfall. We end up being inundated. With the approach of mindfulness, we step aside and watch the water (cravings, impulses & urges) just go right past. This is true for everybody, but few addicts ever give themselves the chance to prove it.

Exercise: Reflecting on Urges

Ask yourself whether there have been times when you could not give in to an urge when it presented. Did the urge pass? Most of us will have had past experiences of urges passing. This is an important strategy to identify, as it can greatly improve self-efficacy for riding out urges. The main message is that urges do not have to be acted upon.

Exercise: Experiencing The Changing Nature & Impermanence of Urges

- Sit with back unsupported in a chair or on a cushion on the floor
- Start Mindfulness Meditation
- Wait for any sense of discomfort, e.g. Restlessness, an itch
- Note the desire to move and resist it
- Notice thoughts that arise
e.g. "I wish this itch would go"....."It is driving me crazy"....."This too will pass" – in a calm tone....."This too will pass" – in an irritable tone....."It is not bloody well passing!"....."I would love to scratch right now" etc. etc.
- These thoughts are just thoughts. So gently bring your attention back to your breath and bodily sensations
- Note the changing position, shape and quality of the discomfort over time. Be interested in feeling it as precisely as you can. Notice how the shape and intensity changes with the cycle of the breath. Is it stronger during the in breath or during the out breath?
- You might find your thoughts spontaneously going to other matters,
e.g. Your shopping list, a fight with you partner, a football game, planning a holiday

These are still just thoughts. Gently bring your attention back to your breath and body sensations. They are probably different again.

You have just observed the changing nature and impermanence of urges. When you notice the physical sensations with interest, you are directly facing the urges rather than feeding them through fighting them.

How fighting urges feeds them

Often people try to eliminate the urges by distraction or talking themselves out of them. This usually just feeds the urges and creates the illusion that they are interminable until you give in to them. Suppressing a thought feeling or sensation, including pain ultimately increases it (Clark Ball & Pape 1991, Gold & Wegner 1995, Wegner, Schneider, Carter & White, 1987, Wegner, Schneider, Knutson & McMahon 1991, Cioffi & Holloway 1993). For example Wegner et al (1987) conducted a series of experiments to assess the effects of thought suppression called the "white bear" experiments. The bear was chosen because one of the researchers remembered reading that when the Russian author Tolstoy challenged his brother not to think of a white bear, the brother remained perplexed for quite a while.

In one of the more sophisticated experiments people were shown a movie about white bears. These people were then given a sorting task which required concentration. They were then divided into two groups. The first group was

instructed to suppress the white-bear thoughts. The second group was given no instruction to suppress these thoughts. Both groups were asked to hit a counter button every time they thought of white bears while doing the other task. The initial suppression group reported a significantly higher rate of “white bear” thoughts during this time.

Prochaska (1992) et al in their study of how people change habitual behavior, note that most people go through a long contemplative stage before they actually change. This stage is marked by ambivalence. Argumentation usually results in the client completing the other side of the ambivalent equation thus maintaining a state of therapeutic paralysis. It is reasonable to assume that the same problem exists with the client’s internal disputation over the ambivalently regarded behavior. (e.g. “I have to give up smoking because I could get cancer” receives a reply “Yes but that isn’t going to happen to me – at least not for a long time.”)

The Technique of Urge Surfing

Mindfulness allows us to bypass these problems associated with avoidance and disputation. Instead of trying to distract from or argue with the unpleasant thoughts, feelings or urges, mindfulness simply makes the thoughts, feelings or urges less important. When we use mindfulness we stay exposed to the thoughts feelings or urges for their natural duration without feeding or repressing them. ***In fact, if we just let an urge be – non judgmentally – without feeding it or fighting it (Fighting it is just another way of feeding it anyway) then it will crest subside and pass.*** Of course they come back again but over a period of time. However each time you overcome a bout of cravings they become less intense and less frequent if we don’t feed the urges and if we don’t give in to the addiction. Moreover our mindfulness technique of urge surfing improves. If we have a slip and give into the impulse we will have increased urges for a while. However we can still apply urge surfing all over again.

Urges can be compared with feeding a stray cat. In the beginning, you may want to feed the cat because it cries for food and attention. You may find that it is a nice thing to do and you feel good for being kind. However, your act of feeding the cat encourages it to repeat its cries and attention seeking. You find yourself giving in each time. Over a period of time the cat grows bolder and other cats join it in crying for food and attention.

You may begin to regret your actions, as a large number of strays are now contributing to noise and other problems. But you cannot resist the feeling of ignoring their cries. You may believe that their survival now depends on you, and that your actions are more important than ever. They have you trapped in a cycle of your own pattern of repeated problem behaviors.

If you make a decision to resist feeding the “cat army,” there will be loud and pitiful cries for a few days. In fact they will be at their strongest when you have decided not to reinforce their behavior. Soon, however, they will come to realize that they are no longer being reinforced, and will gradually diminish and disappear. Your decision to stick with the action you know is best for you will “undo” the problem that you unknowingly built up in the first place.

Urges do go away, but they may be very strong for a short while immediately after quitting. Knowing that they will weaken will help you to continue to surf the impulses that you feel, especially in response to your personal triggers.

Urge Surfing Summary

Purpose

To experience the cravings in a new way and to “ride them out” until they go away

Preparation

1. Remember that urges pass by themselves.
2. Imagine that urges are like ocean waves that arrive crest and subside. They are small when they start, will grow in size, and then will break up and dissipate.
3. Practice mindfulness regularly and especially notice any impulses or urges that appear. Then we are well prepared to ride these waves without giving in to the urge by using mindfulness.

Urge surfing itself

- **Practice mindfulness**
- Watch the breath. Don't alter it. Let the breath breathe itself.
- Notice your thoughts.
- Without judging them, feeding them or fighting them **gently** bring your attention back to the breath
- **Notice the craving experience as it affects the body.**
- Focusing on one area where the urge is being felt and noticing what is occurring.
 - Notice quality, position, boundaries & intensity of the sensation
 - Notice how these change with the in-breath and out-breath
- Repeating the focusing process with each part of the body involved.
- Be curious about what occurs and notice changes over time.

The key is replacing the fearful wish that craving will go away with interest in our experience. When we do this we notice the cravings change, crest and subside like waves in the ocean. In this way it becomes more manageable.

Manufacturing Opportunities for Urge Surfing.

When we sit with our back supported in a chair or on a cushion on the floor and start mindfulness meditation, sooner or later some sense of discomfort will arise, such as restlessness or an itch. Along with these sensations there will be an urge to move. This is an opportunity to practice urge surfing. So we can notice the difficult sensations that go with this and the thoughts that arise. Instead of acting in our normal way of trying to get rid of this unpleasant feeling, we become curious. We become like natural scientists seeing a strange plant or animal for the first time. We try to describe what we are observing as closely as possible. ***In this way we replace an aversion with curiosity.*** So we do this by noticing the physical sensation that goes with the urge as precisely as possible.

Notice:

- The exact physical sensation in the body,
- It's quality:
 - Whether it is tight or loose
 - It's temperature whether it is hot or cold.
- The location of the sensation,
- It's exact borders
- Whether these borders are well defined and firm like the edge of a football or soft and fuzzy like cotton wool.
- How these qualities vary with the respiratory cycle

We need to watch it for at least five cycles of breathing to get a sense if it.

Does it get larger or smaller, more or less intense or does the quality of it change?

When we find our mind turning to thoughts, notice the thoughts and come back to the physical sensations of the urge.

“The Guest House” by Rumi



The Guest House

This being human is a guest house.
 Every morning a new arrival.
 A joy, a depression, a meanness,
 some momentary awareness comes
 as an unexpected visitor.
 Welcome and entertain them all!
 Even if they are a crowd of sorrows,
 who violently sweep your house
 empty of its furniture,
 still, treat each guest honorably.
 He may be clearing you out
 for some new delight.
 The dark thought, the shame, the malice,
 meet them at the door laughing and invite them in.
 Be grateful for whatever comes.
 because each has been sent
 as a guide from beyond.

