

# ACT practitioner certificate Beginner to Advance



## WORKBOOK

Instructed by  
Coach Hall

INTRODUCTION PRACTITIONER CERTIFICATION

ACT ACCEPTANCE

COMMITMENT

TECHNIQUES/TRAINING/THERAPY

BEGINNER TO ADVANCED

Created by  
Star  
Family  
Coaching



ACT PRACTITIONER'S CERTIFICATION

# INTRODUCTION

## Section 1

Life coaching is a product of reacting and reponding to life. How can we better deal with life and all it's ups & downs? In general, most folks seek out Coaches that help us react and respond to life. Each life coach may offer a type of modality. While the goal is generally the same, which is to help us get from where we are (our A point) to where we wish to be (our B point), each modality goes about it with notable differences. But what if we had a "best Modality" and better yet a modality that would serve us to prevent to Emotional Overwhelm, Spin Busy and Mental Stuckness most of us end up in that cause us to seek out Life Coaches to begin with. Well, ACT is that "best Modality" and 6FEM is that Preventative Modality



Our goal is to... not need, nor lean on  
or rely on

Life Coaches, Therapist or anyone else.

Rather to learn the skills to be sustainably inter-  
independent with the ability to thrive in life.

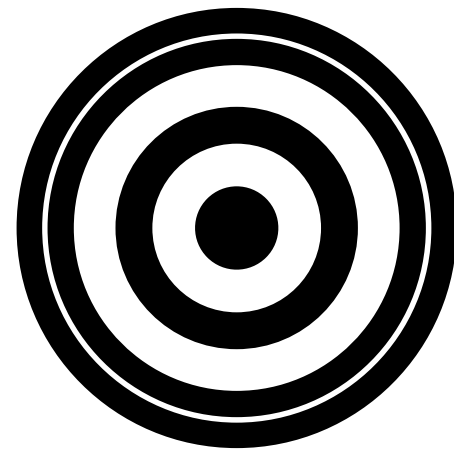
Introduction to the Hexagon of Freedom, Empowerment  
& Mastery aka 6FEM



ACT is a methodology of Acceptance. This  
course will unpack the basics of ACT. Once  
completed you be closer to true Freedom,  
Empowerment & Life Mastery



# THE GOALS OF THIS COURSE



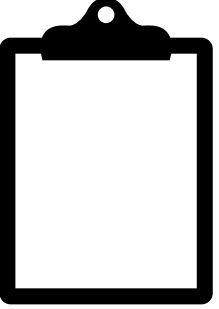
- To show you the MAP of choice
- Introduction to 6FEM
- Choices & our Mindset
- ACT revealed, history, hexaflex, triflex, and What is Psychological Flexibility?
- ACT tools like Four square, Matrix and Choice point
- Break down the six points of the ACT Hexaflex
- 6 Categories of Cognitive Fusion
- 6 core pathologies of Psychological Rigidity
- A number of ACT terms and a few SFC terms
- How to get unhooked?
- ACT Flow
- ACT wrap up

# ACT Ready Set Go!

## GETTING THE MOST OUT OF THIS COURSE

- Download Workbook
- Pace yourself use Pomodoro method
- Find a study buddy
- Use it right away
- Join Star Family Coaching Facebook page

## Notes



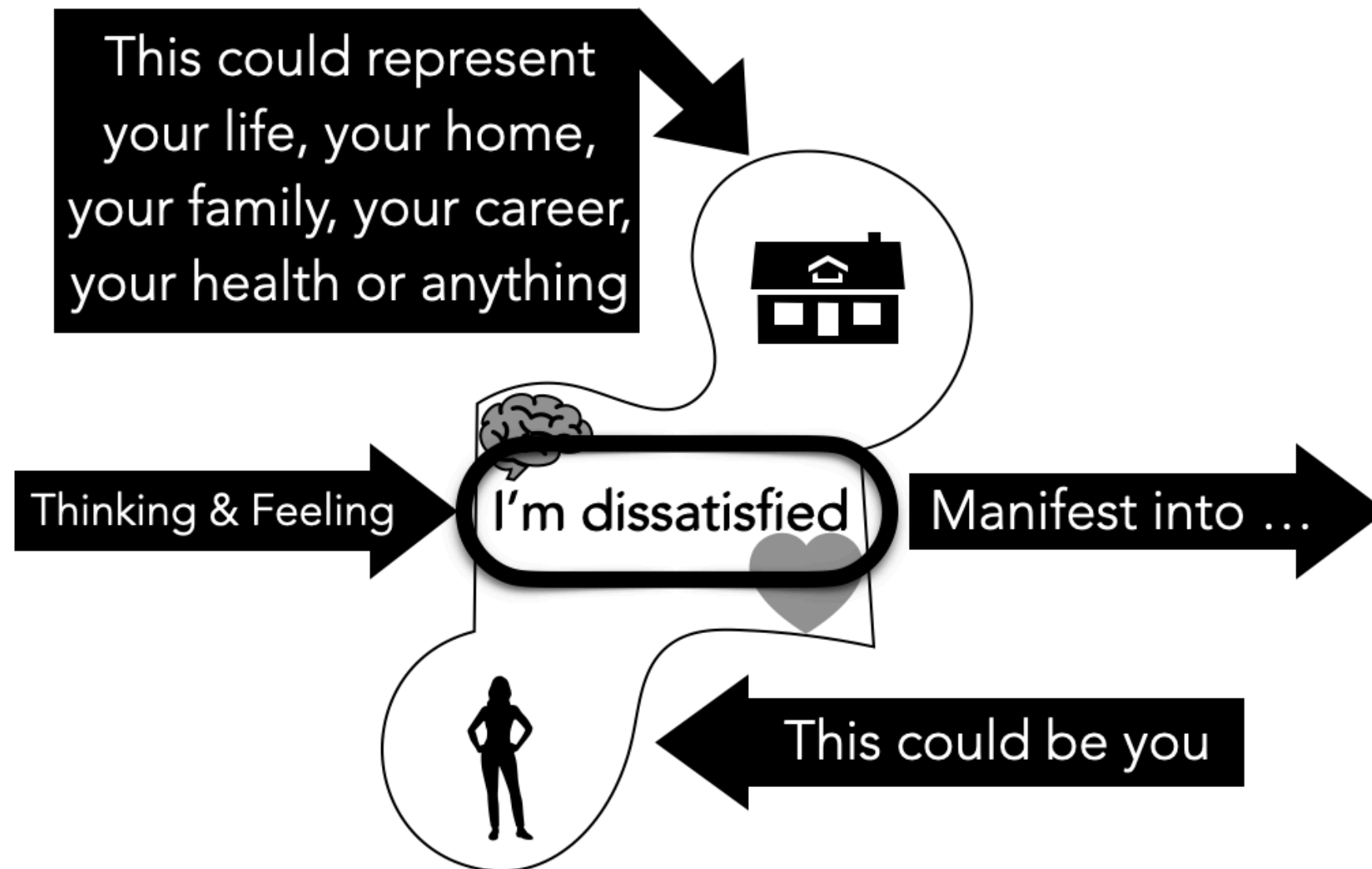


ACT PRACTITIONER'S CERTIFICATION

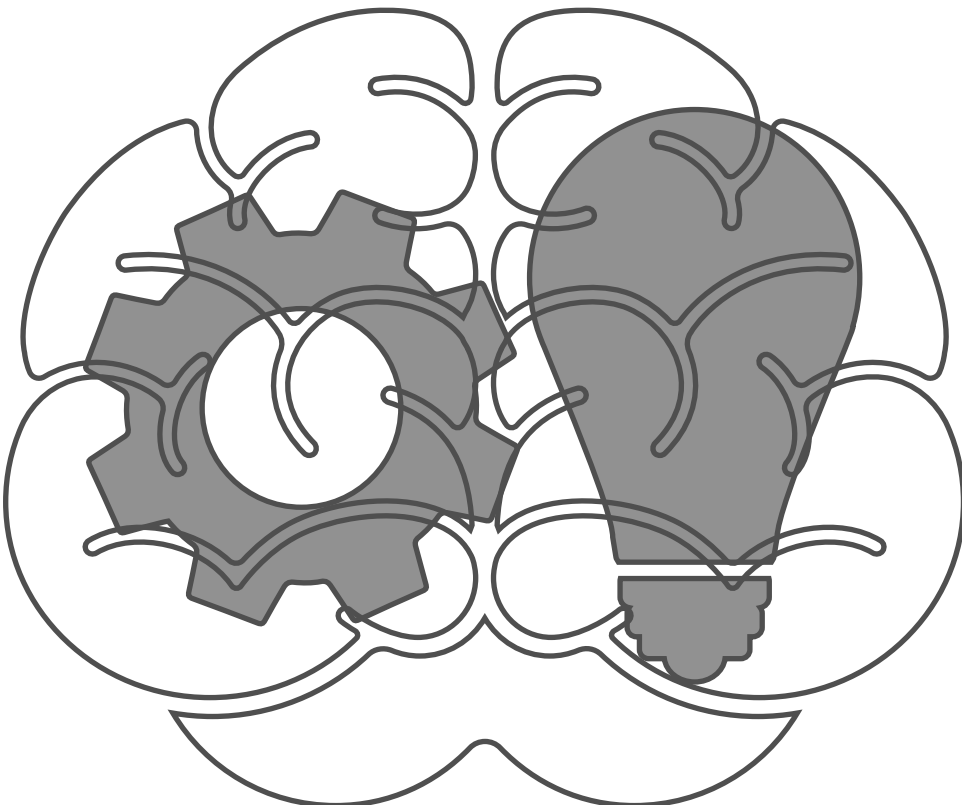
# LIFE'S A CHOICE?

## Section 2

ACT THE MAP OF CHOICE



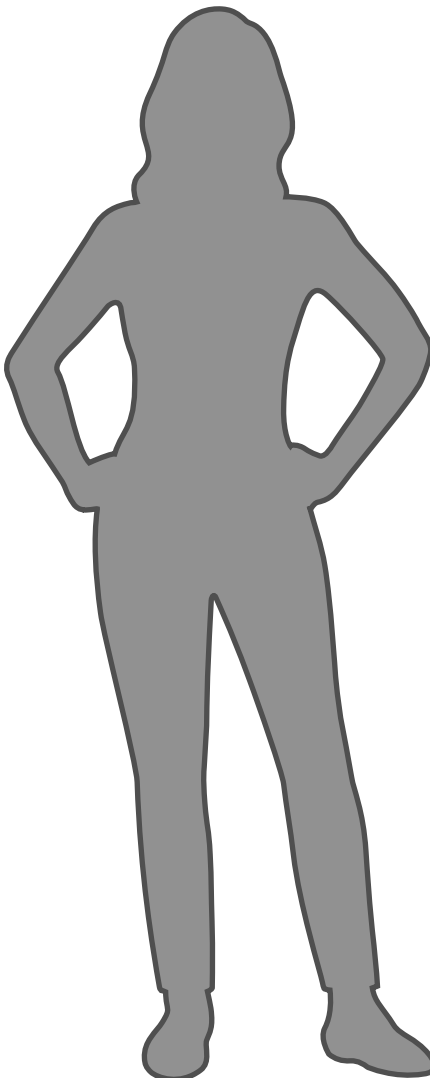
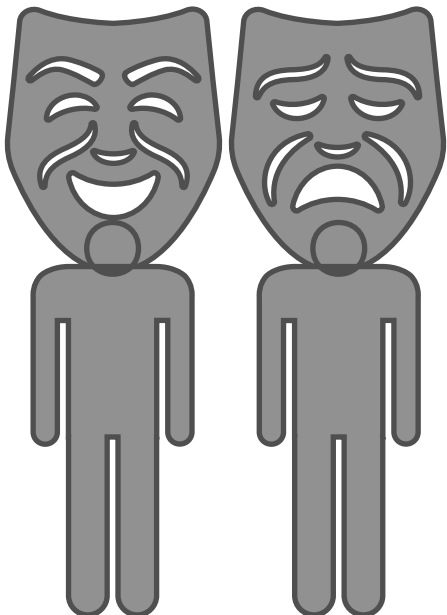
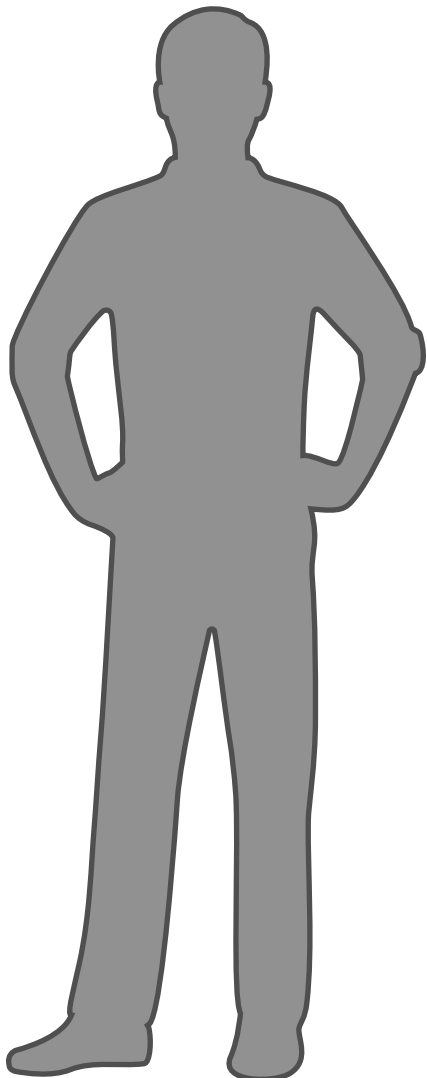
ACT THE MAP OF CHOICE



Sub-Conscious

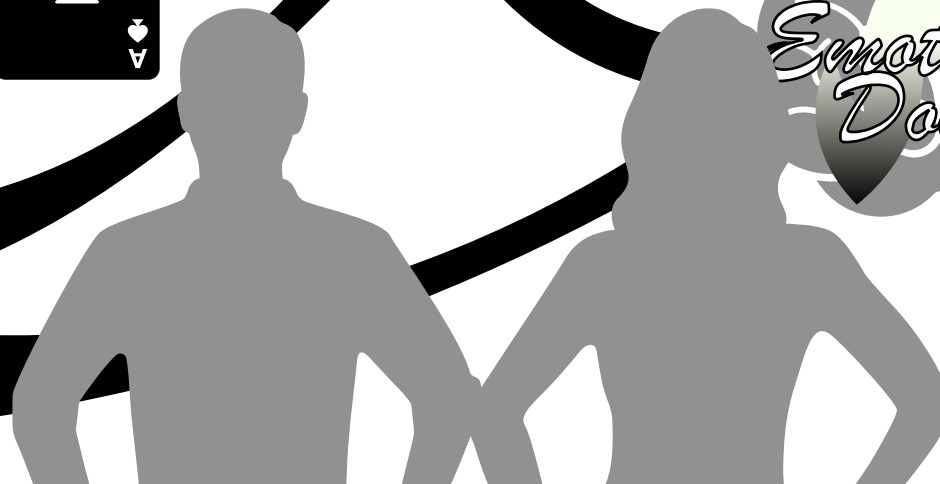
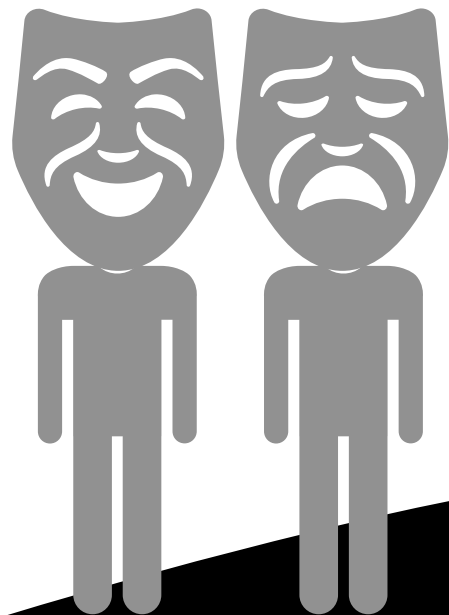
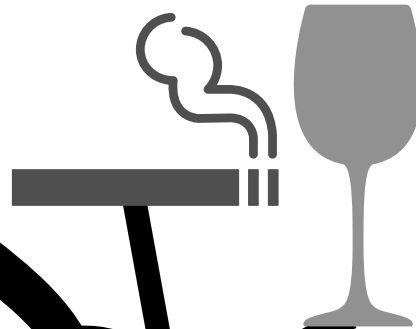
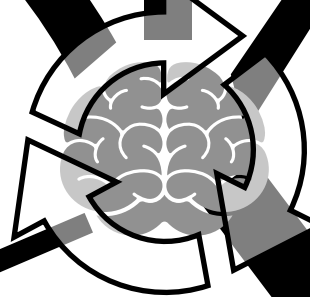
Conscious

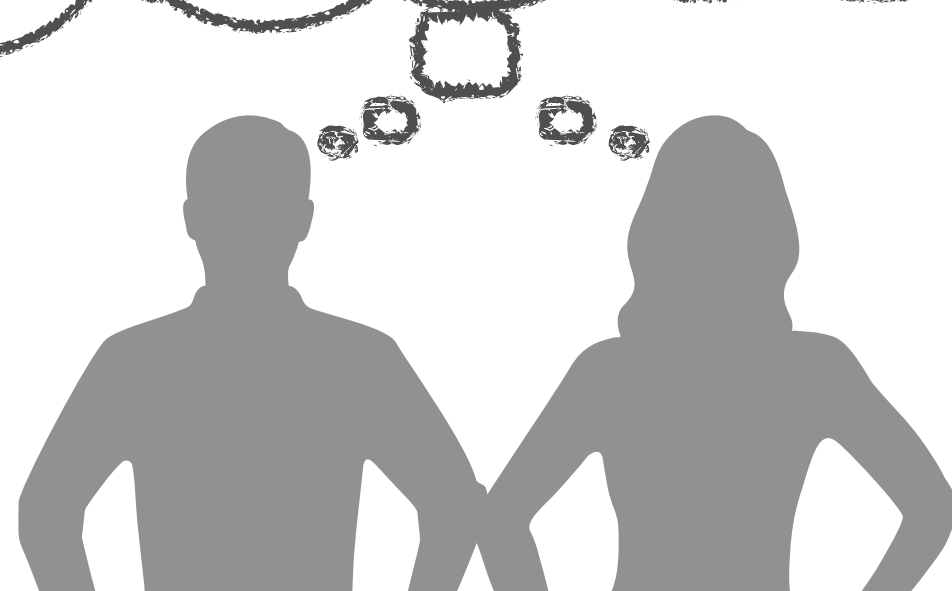
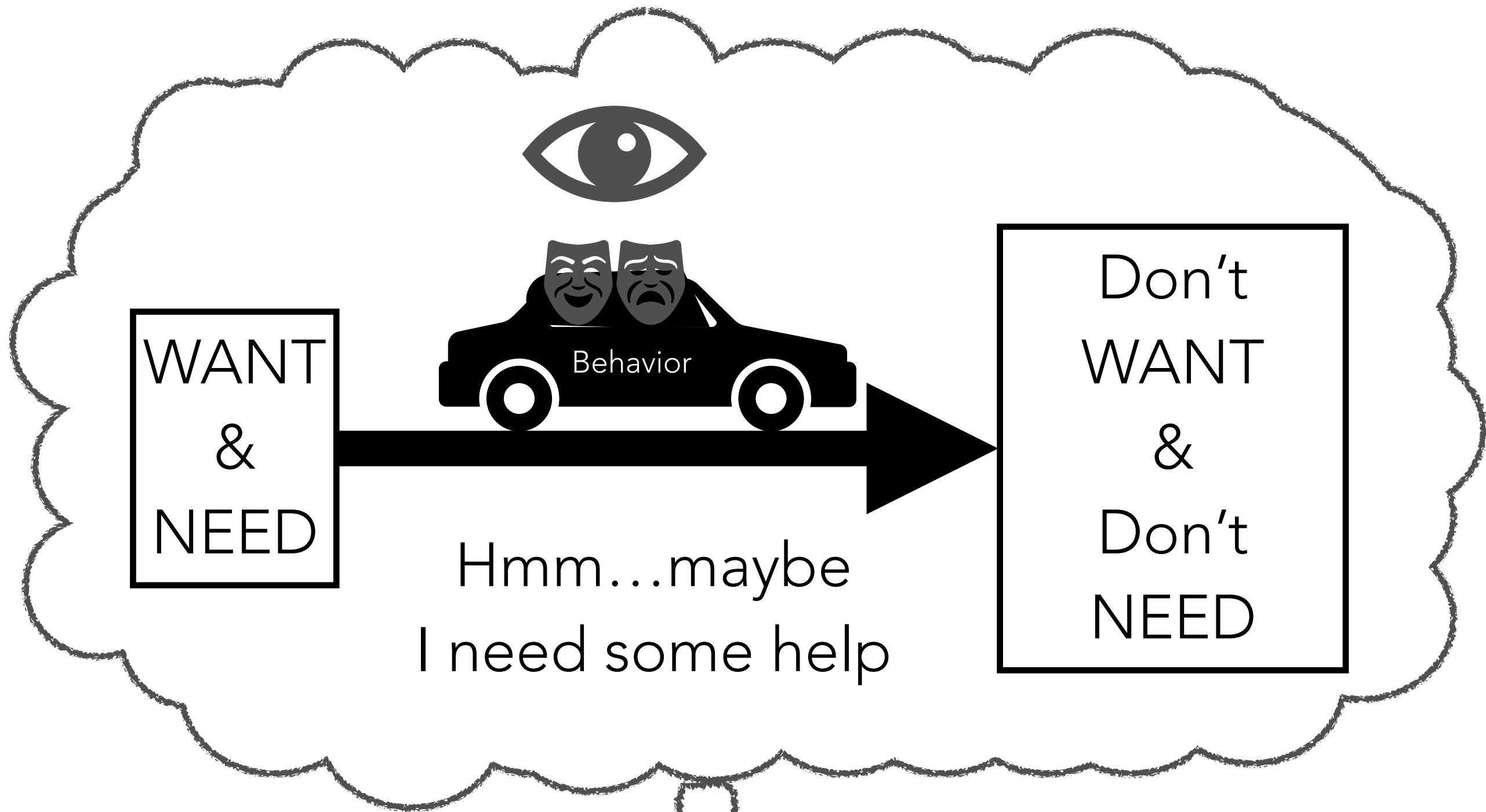
**BEHAVIOR**



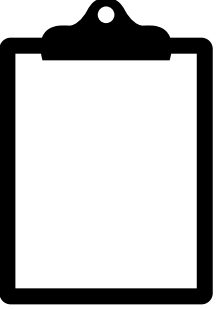
# the MAP of choice

Satisfaction



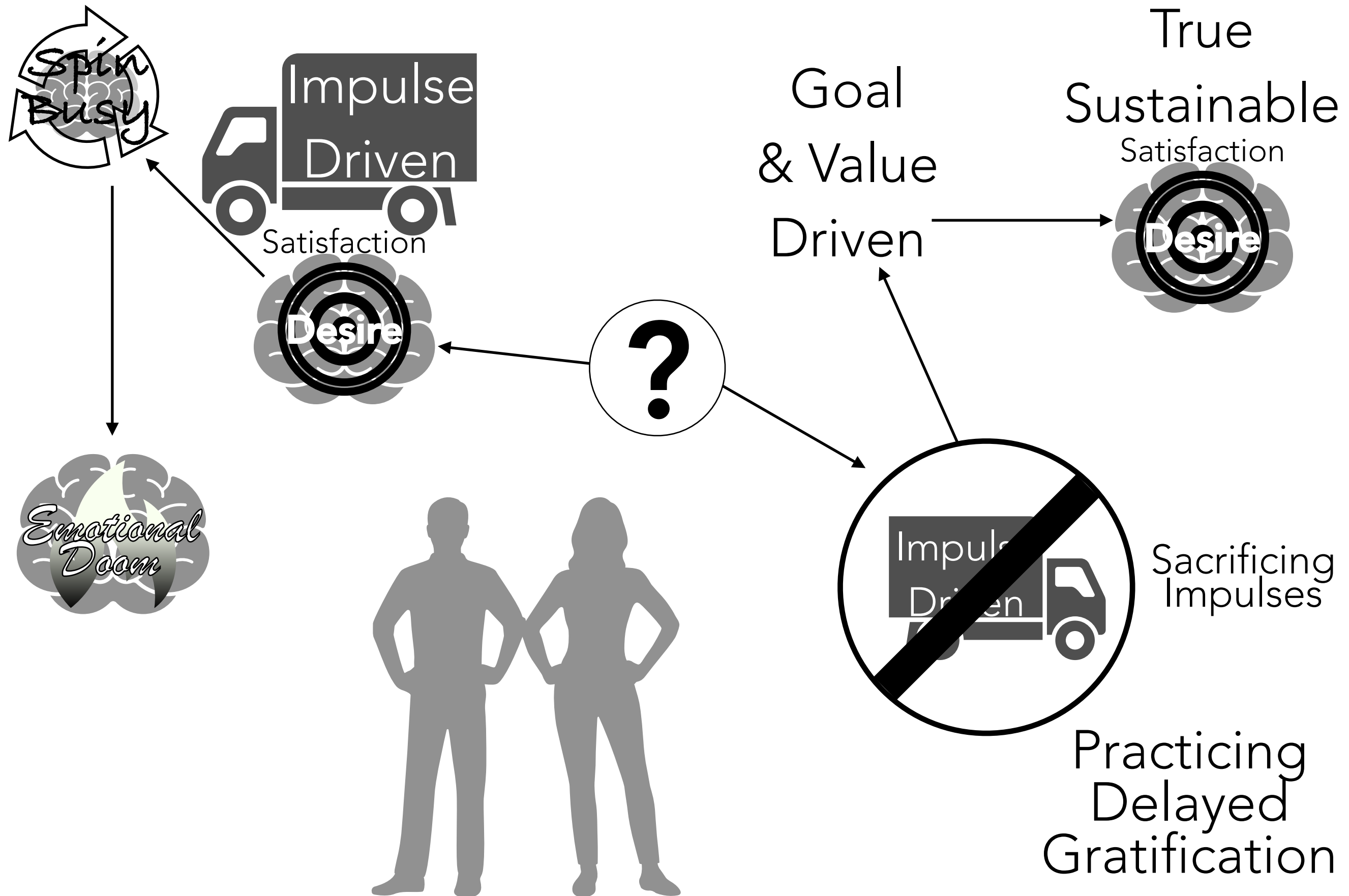


## Notes

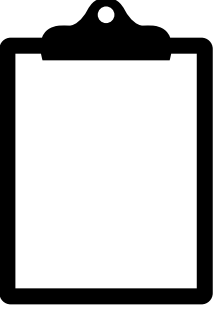




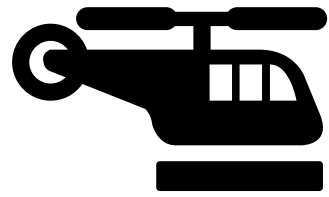
# Satisfaction Trap



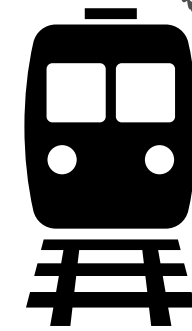
## Notes



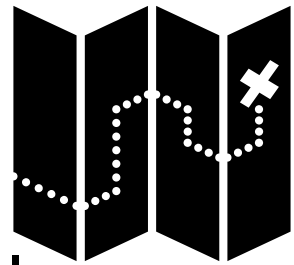
# Delivery & Strategy Choices



Delivery Choices  
Mentor or Life Coach?



Self Help books, seminars, courses, retreats?

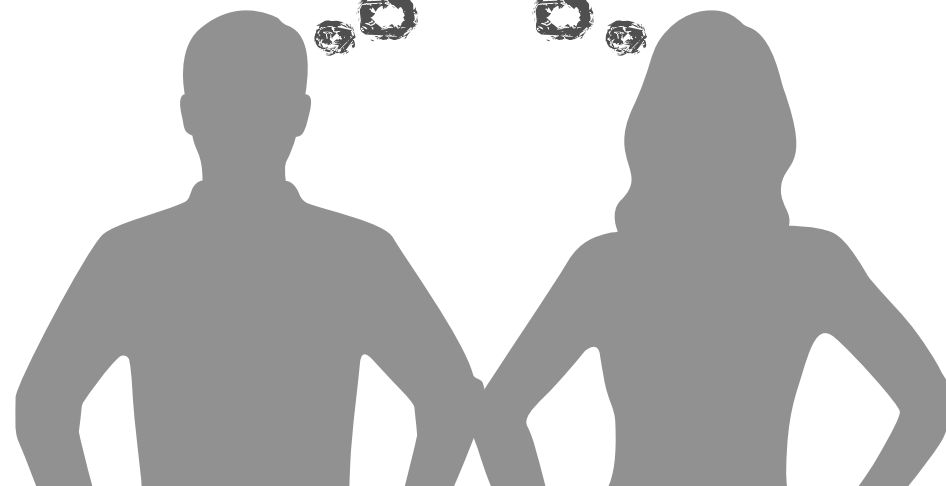


Strategy Choices

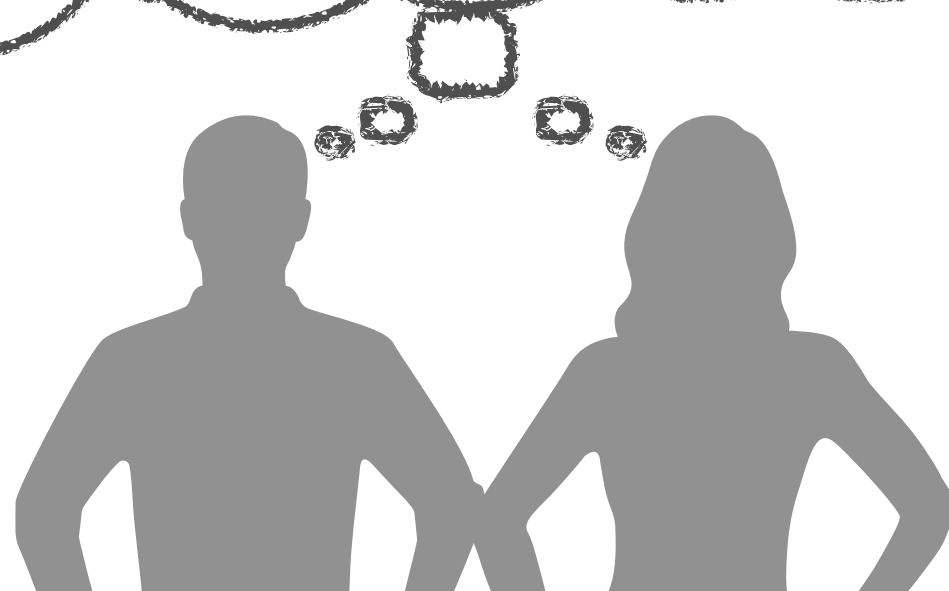


Mindfulness, CBT, NLP, Cognition Tower, EFT,  
Other energy disciplines or, or what about...

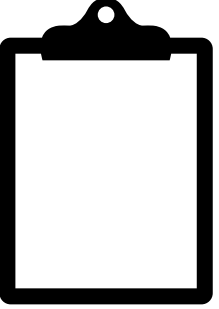
ACT?



Which of these works best for me?  
What is the difference in their Impact?  
Which one or more of these will help me?  
Can I learn something that I can use without  
having to repeatedly go to a life coach?



## Notes

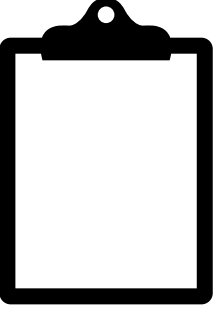


# Last Q First

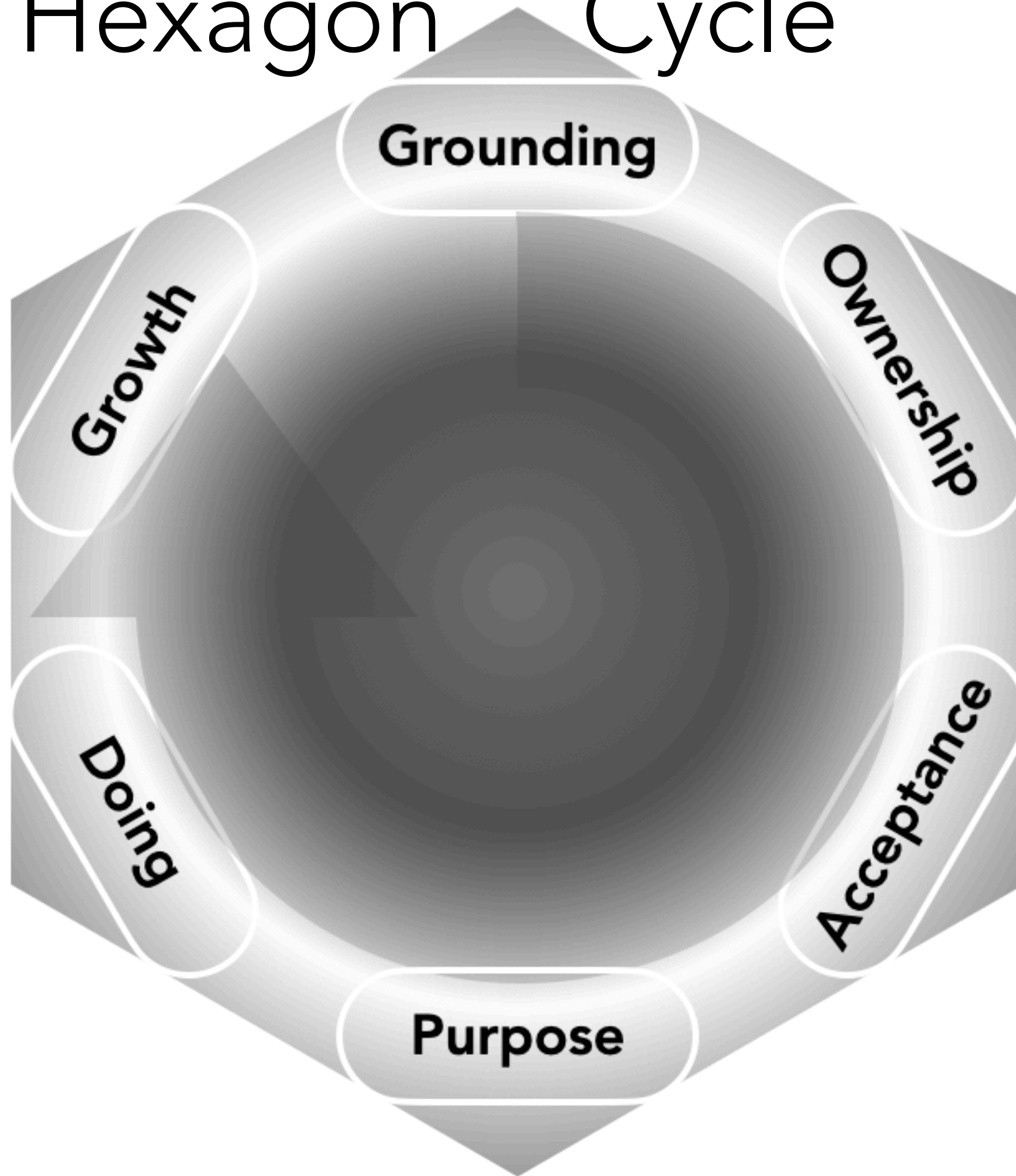
Can I learn something that I can use without having to repeatedly go to a life coach?

- Yes by engaging into the understanding of 6FEM
- The hexagon of your mind. 6FEM creates Freedom, Empowerment and Mastery of the mind.
- Freedom from the shackles of dependency your mind places upon your self esteem, worth, concept and confidence
- Empowerment from a mindset based upon science proven understanding of the brain and your imagination
- Mastery of your life. Becoming the wise pilot of your experiences guiding you towards new horizons and an Optimal Life.

## Notes



# Hexagon Cycle



Each  
Point is  
the  
beginning  
&  
end of the  
hexagon  
cycle

Meaning  
you can  
start at  
any point  
but you'll  
need all  
points to  
obtain  
Freedom  
Empower-  
ment &  
Mastery

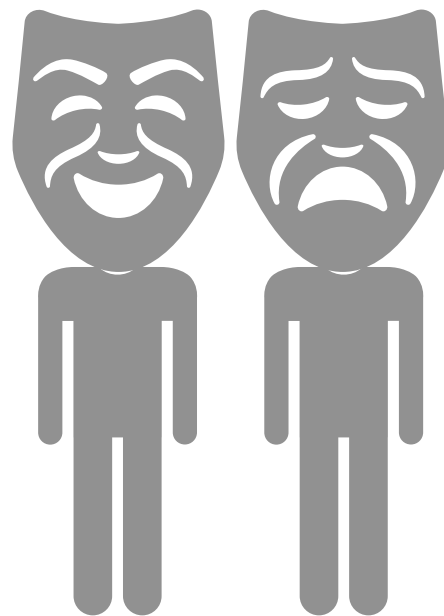


**Doing**

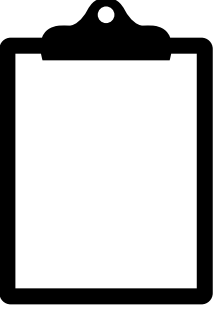
**HELP!**

**HELP!**

**BEHAVIOR**

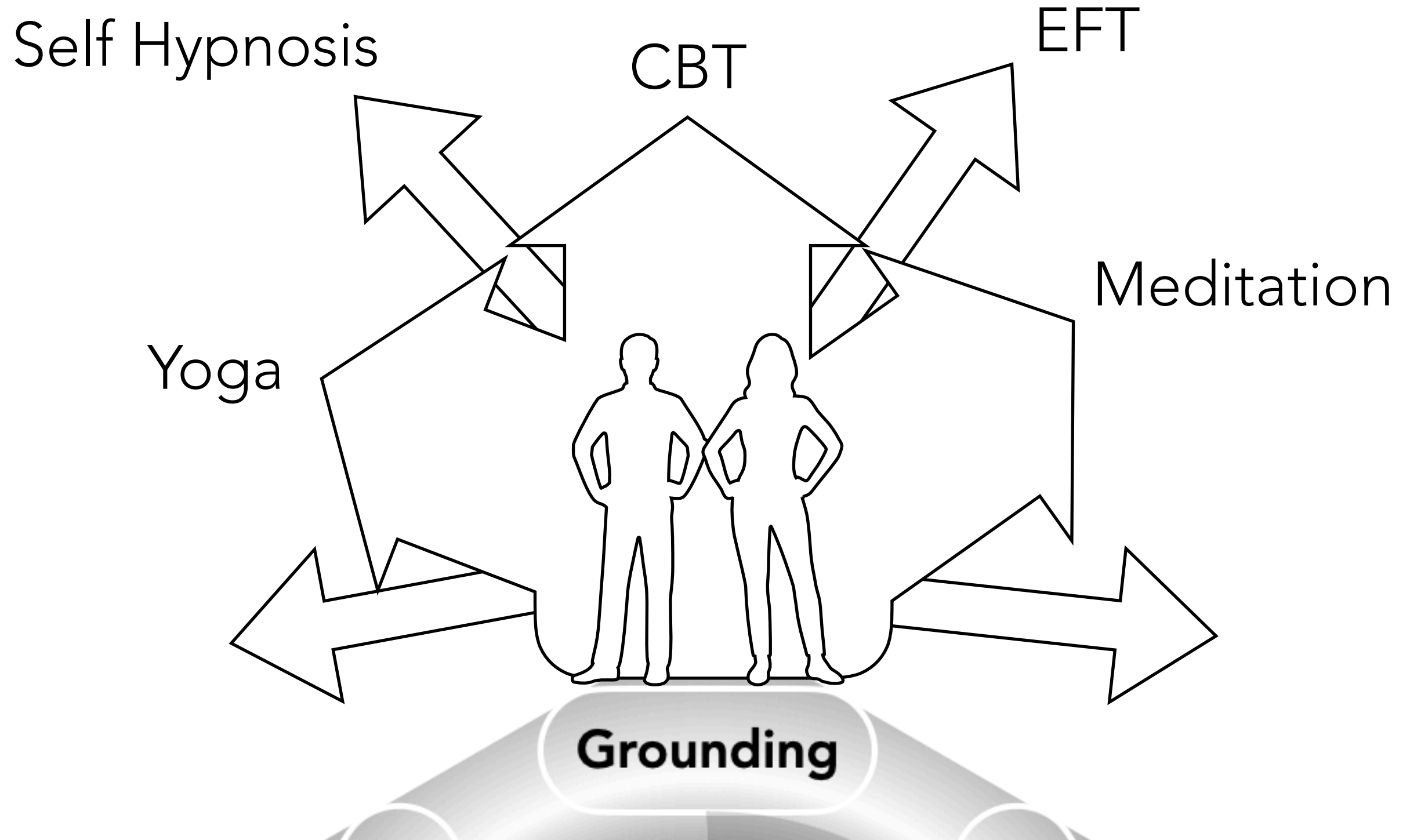
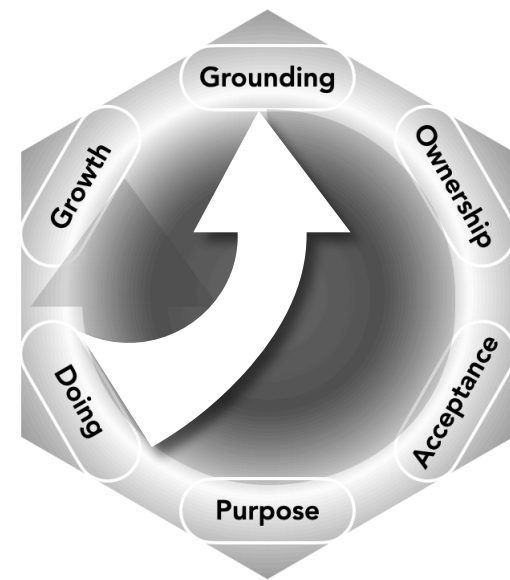


## Notes



# Hexagon Grounding

Doing Grounding  
Mindfulness



Sets the stage for the hexagon  
to operate in an Optimal way

It's like  
hitting the  
pause button  
in life



Shifts our  
experience  
into a zone  
of control

Allows the Wisdom Mind to come into focus

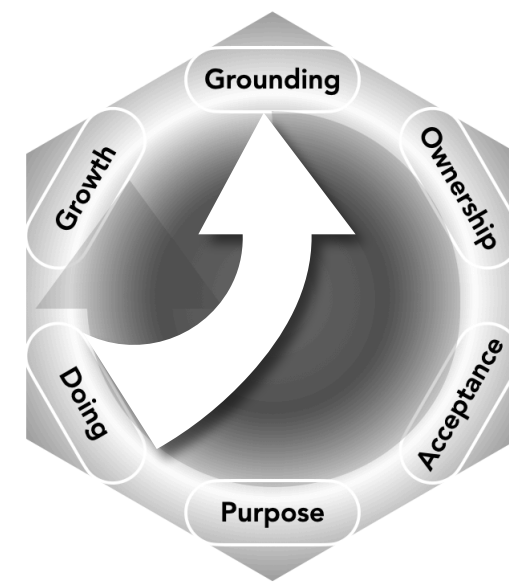


**Grounding**

A diagram consisting of a large, light gray hexagon. Inside this hexagon, there is a smaller, darker gray hexagon. Within the smaller hexagon, there is a white silhouette of a person in a meditative pose (lotus position). The word "Grounding" is written in bold black text across the center of the diagram.

# Hexagon Grounding

Doing Grounding  
Mindfulness



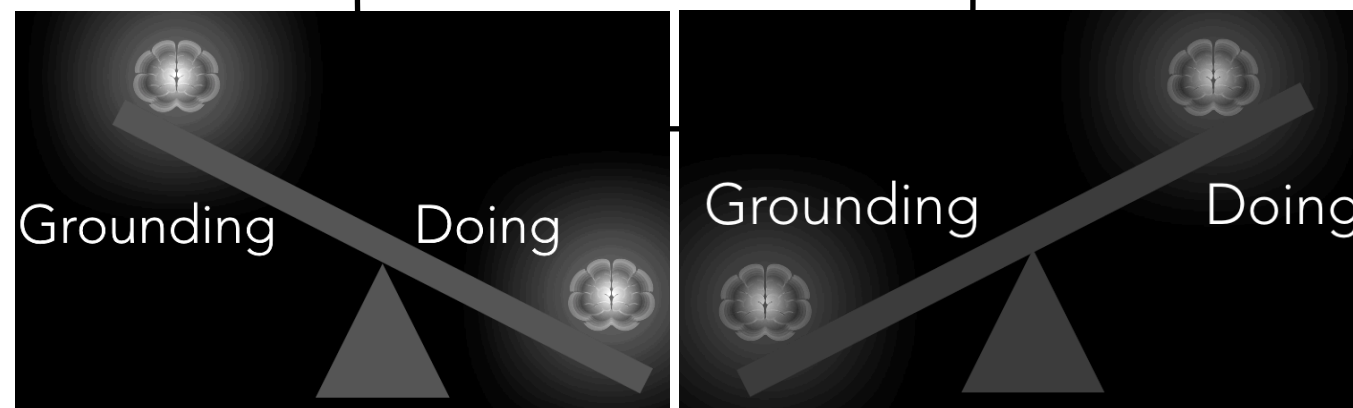
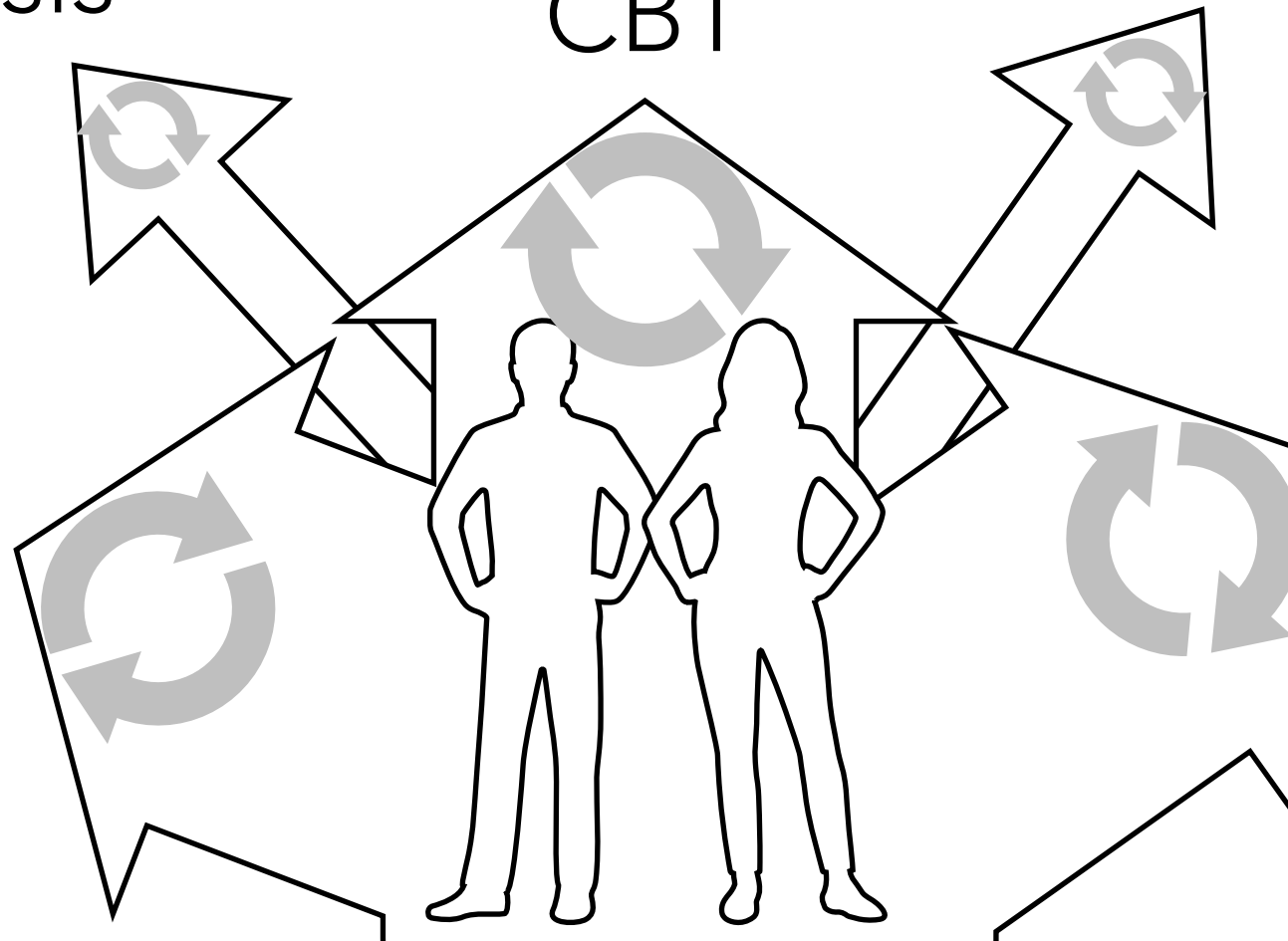
Self Hypnosis

CBT

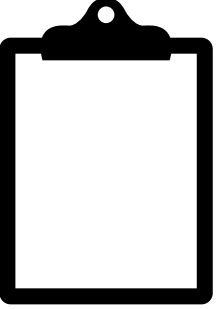
EFT

Yoga

Meditation

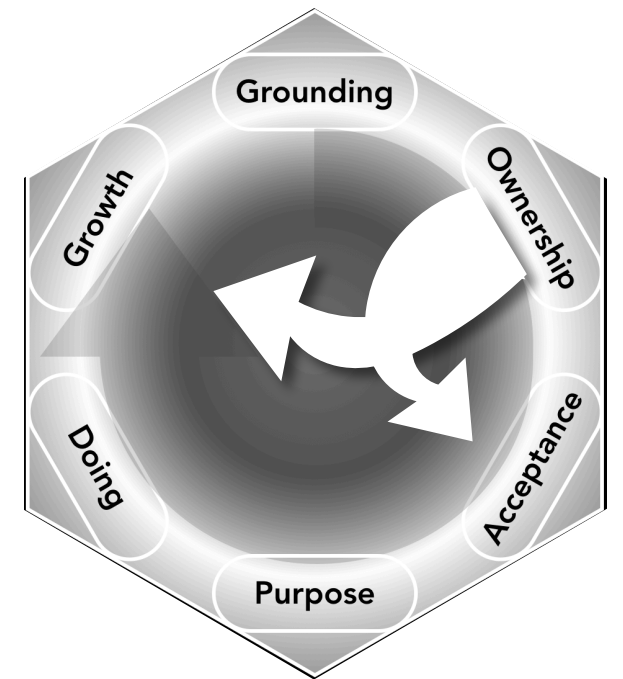


## Notes



# Hexagon Ownership Acceptance

100% Responsibility      Ownership      NLP  
Empowerment Seed



Division of Ownership

Mental State of Mind

Gratitude &  
Forgiveness

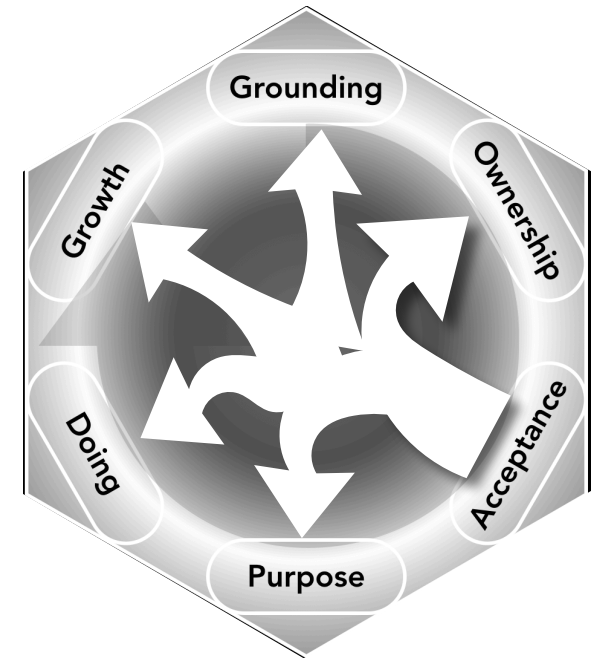
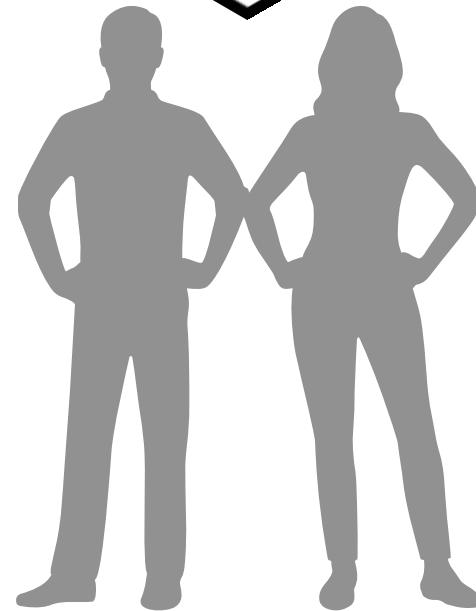
the buck  
stops here



Acceptance

ACT

Acceptance:  
Acknowledge  
Allow  
Accomodate



Techniques:  
Defusion

Commitment:  
Goal Driven Action  
Workable  
Willingness

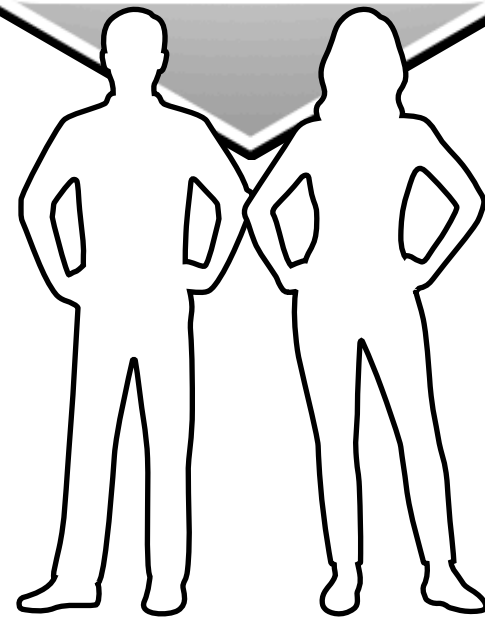
Dropping Anchor  
Value surveillance  
Objective Self  
Committed Action  
Acceptance



## Notes



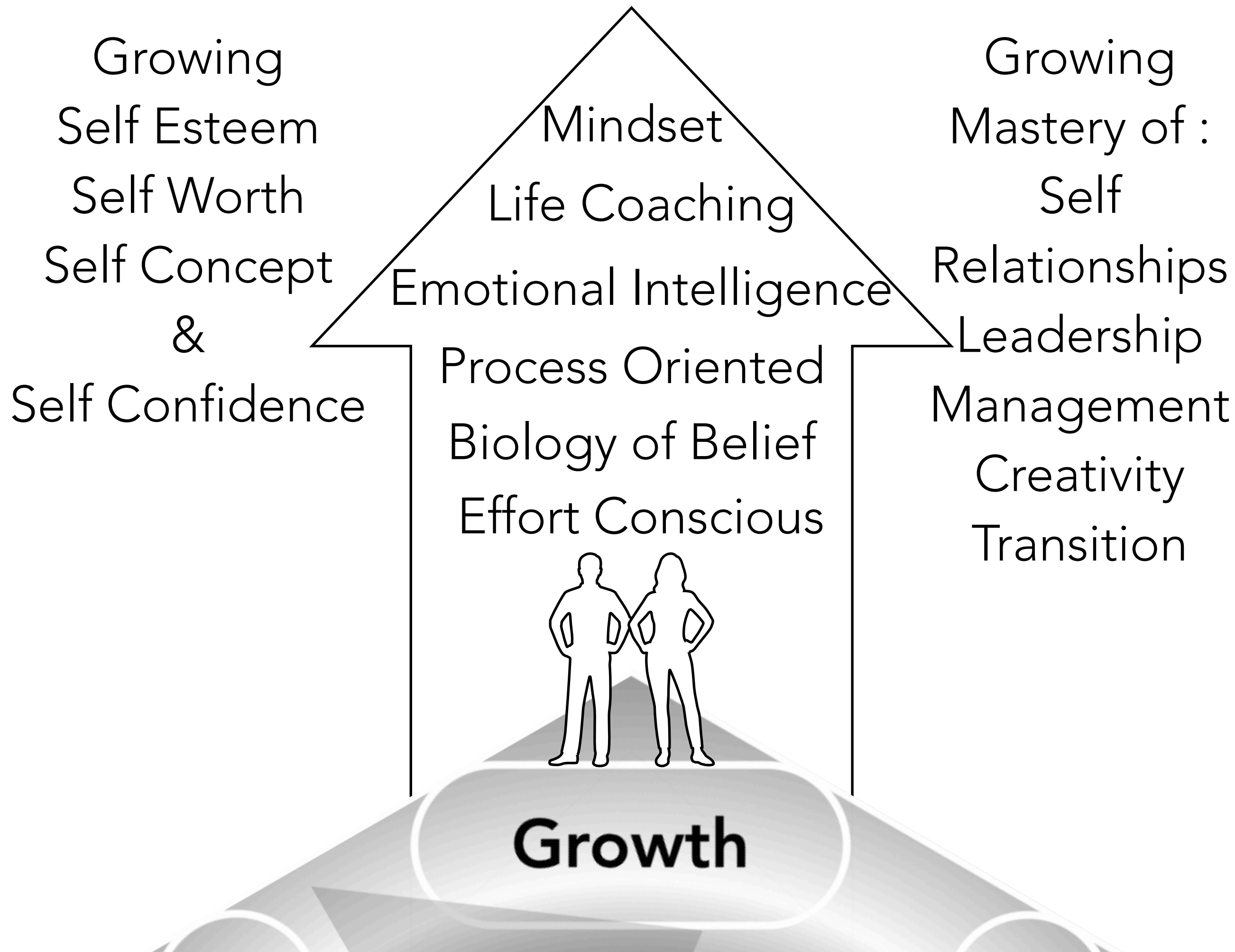
# Hexagon Purpose Growth Doing



- We Ground
- We take Ownership
- We Practice Acceptance
- We do what we do
- When & where to grow

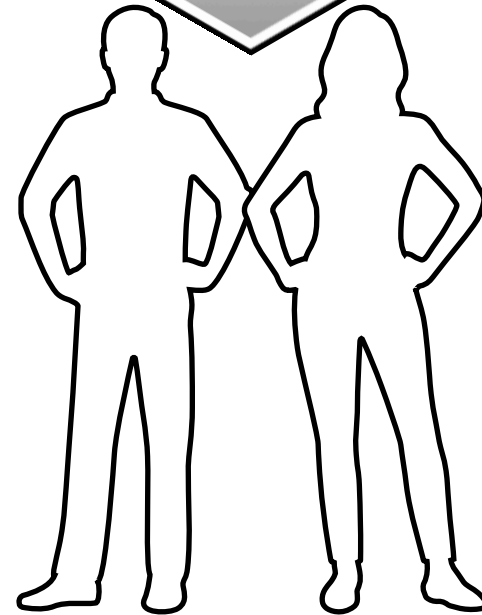
Purpose  
answers "why"

Purpose's search  
allows us to discover  
our values, examine  
our experiences, our  
skills, what we know  
that other's want to  
know, and helps us  
forge our legacy.

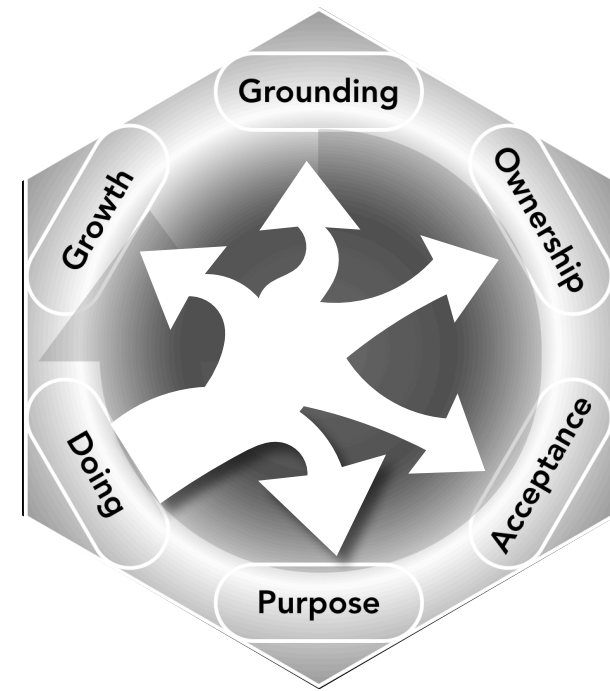


Doing

Doing  
Experience  
Learning  
Planning  
Executing  
Examining  
Modifying  
Updating  
Practicing  
Mastering

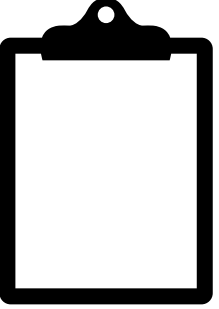


Doing  
Grounding  
Owning  
Purpose  
Accepting  
Growing



Doing  
Values  
Principles  
Steps  
Goals  
Legacy

## Notes

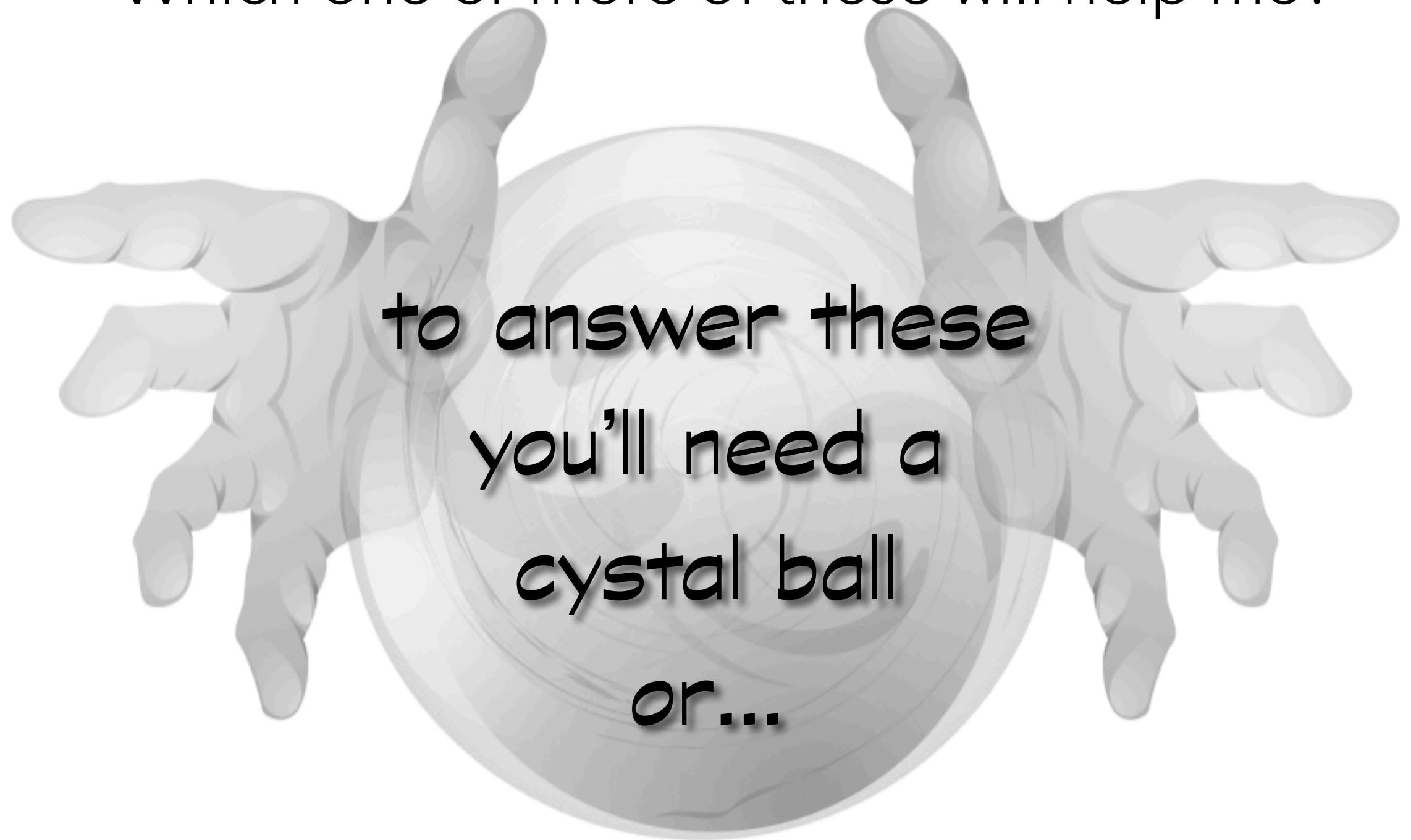


# Hexagon The first 3 Q's

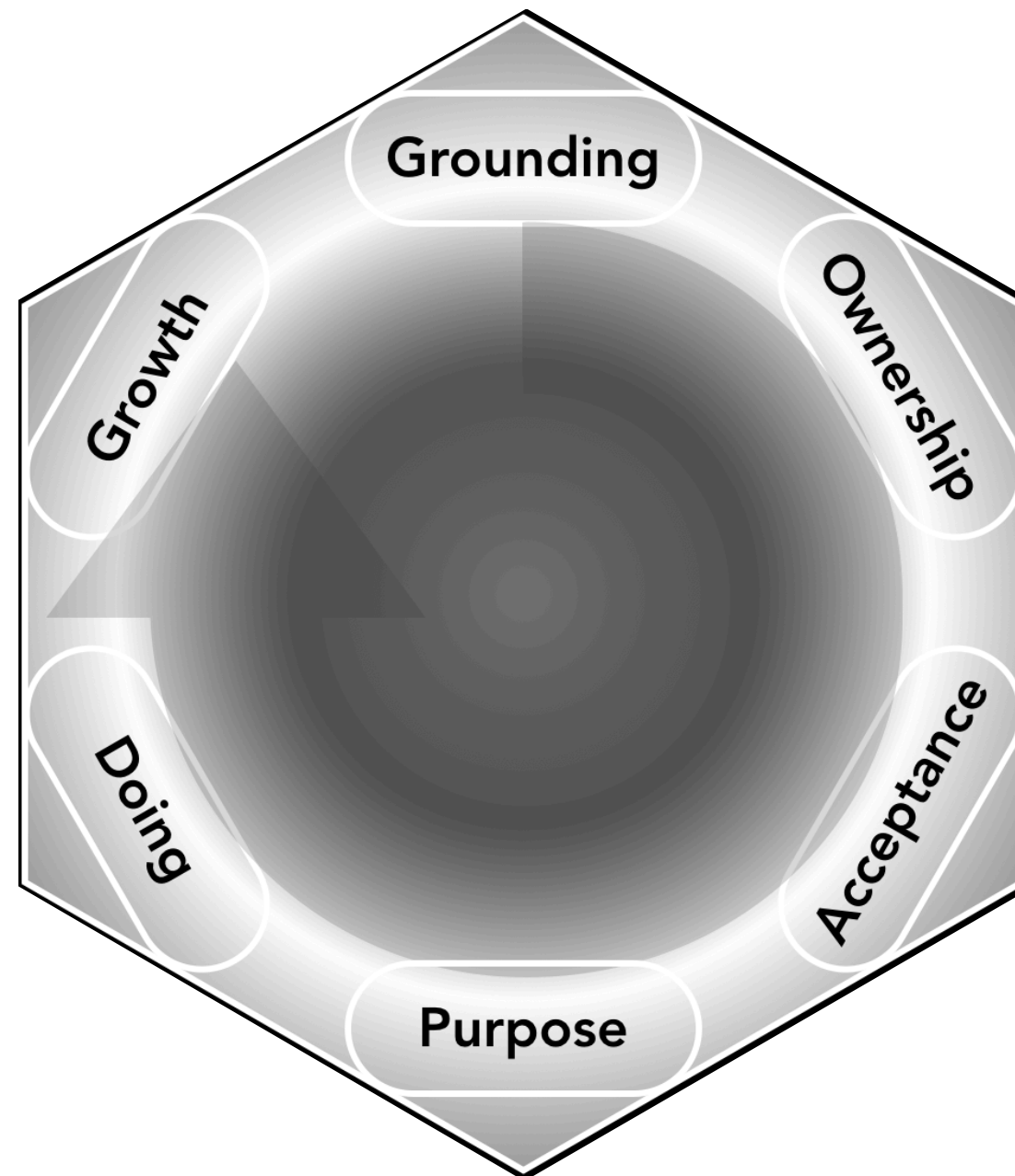
Which of these works best for me?

What is the difference in their Impact?

Which one or more of these will help me?



...you can go with a fully holistic approach like  
6FEM the hexagon of Freedom, Empowerment  
& Life Mastery



6FEM answers the question  
“Which of these works best for me?”



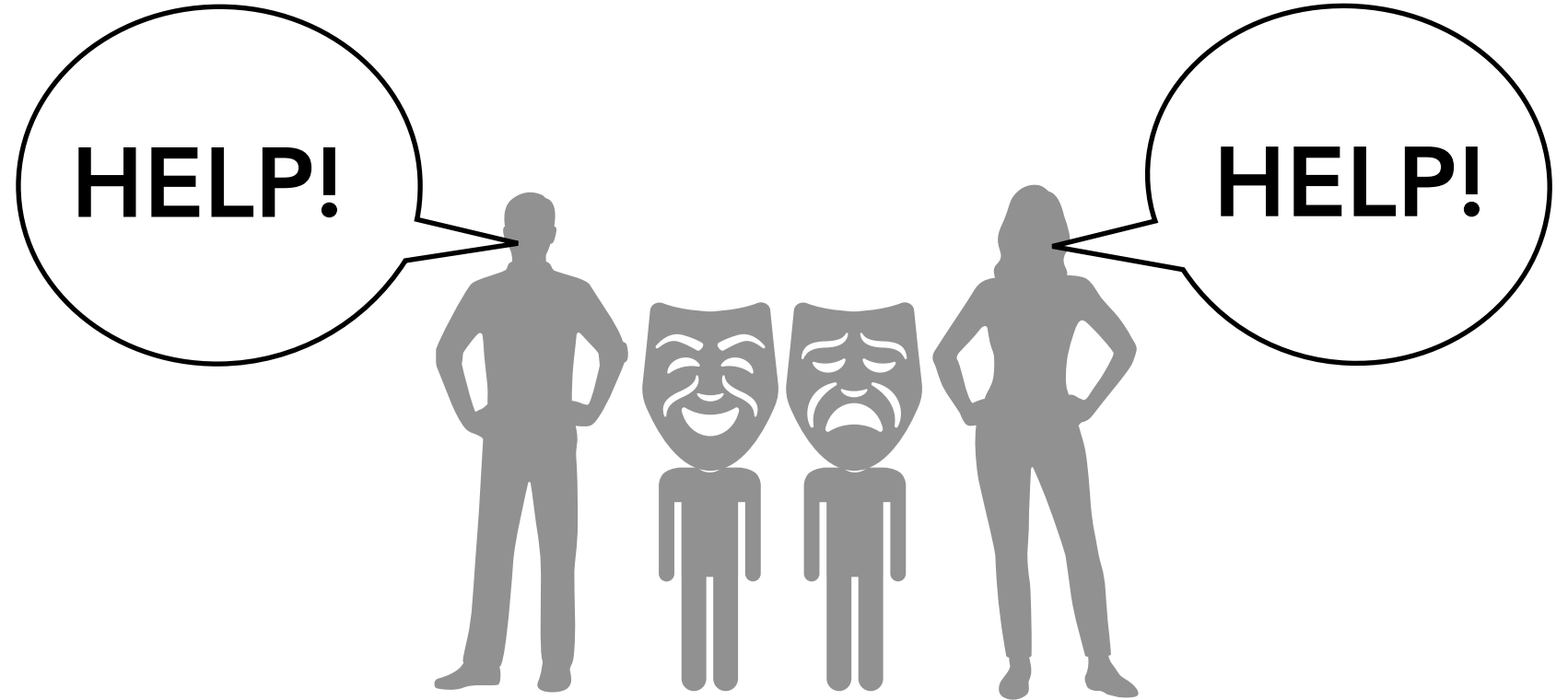
Since it's all inclusive it works best for everybody's specific need/s. Applying all points of the power hexagon makes Freedom, Empowerment & Mastery Possible.



## Notes



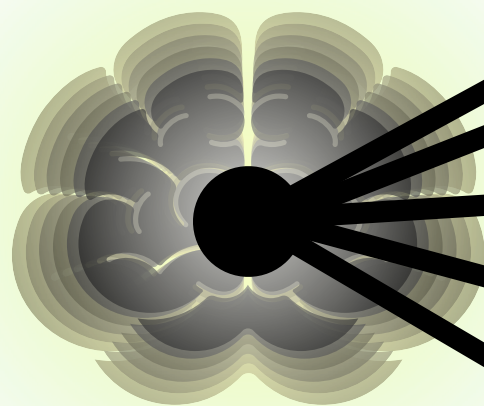
# The Mindset choice



When we ask for help we make ourselves vulnerable to our mind.

The mind moves and settles in to a place of...

**Conscious/  
Sub-Conscious**



**Mindset  
Choice**

Pure Shame & Guilt

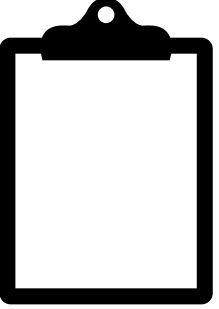
Heavy Shame & Guilt with little  
Autonomy & Initiative.

Moderate Shame & Guilt with  
Moderate Autonomy & Initiative

Light Shame & Guilt with Heavy  
Autonomy & Initiative

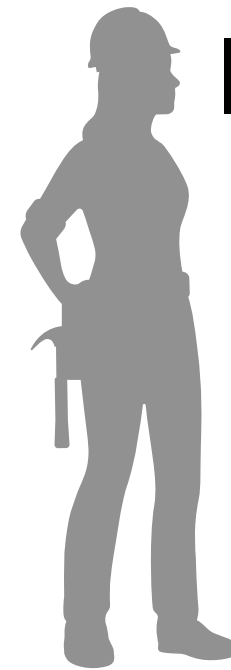
Pure Autonomy & Initiative

## Notes

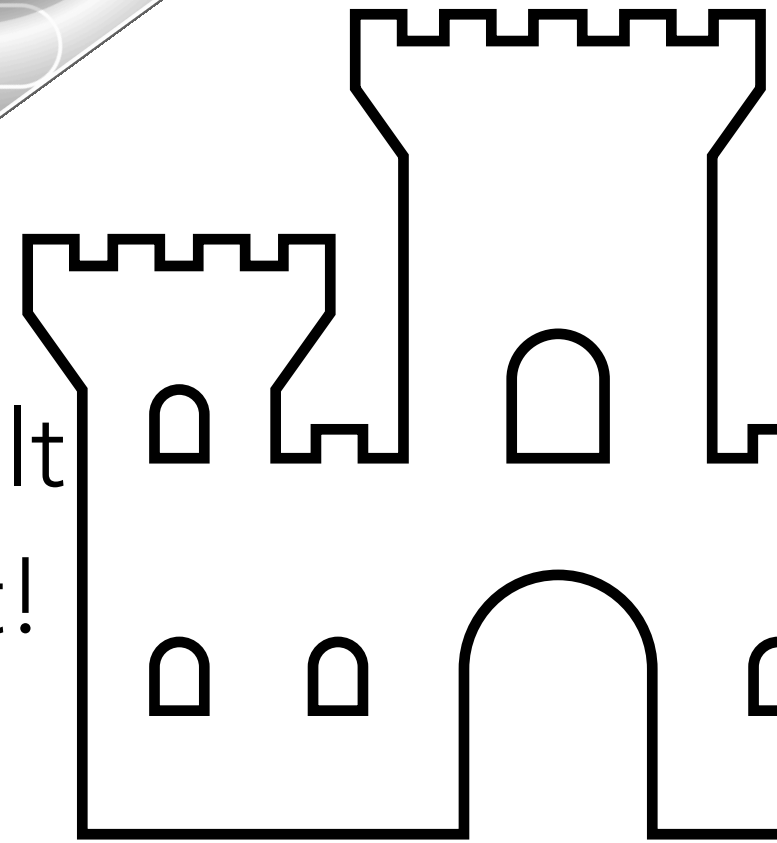


# Autonomy Initiative v Guilt Shame

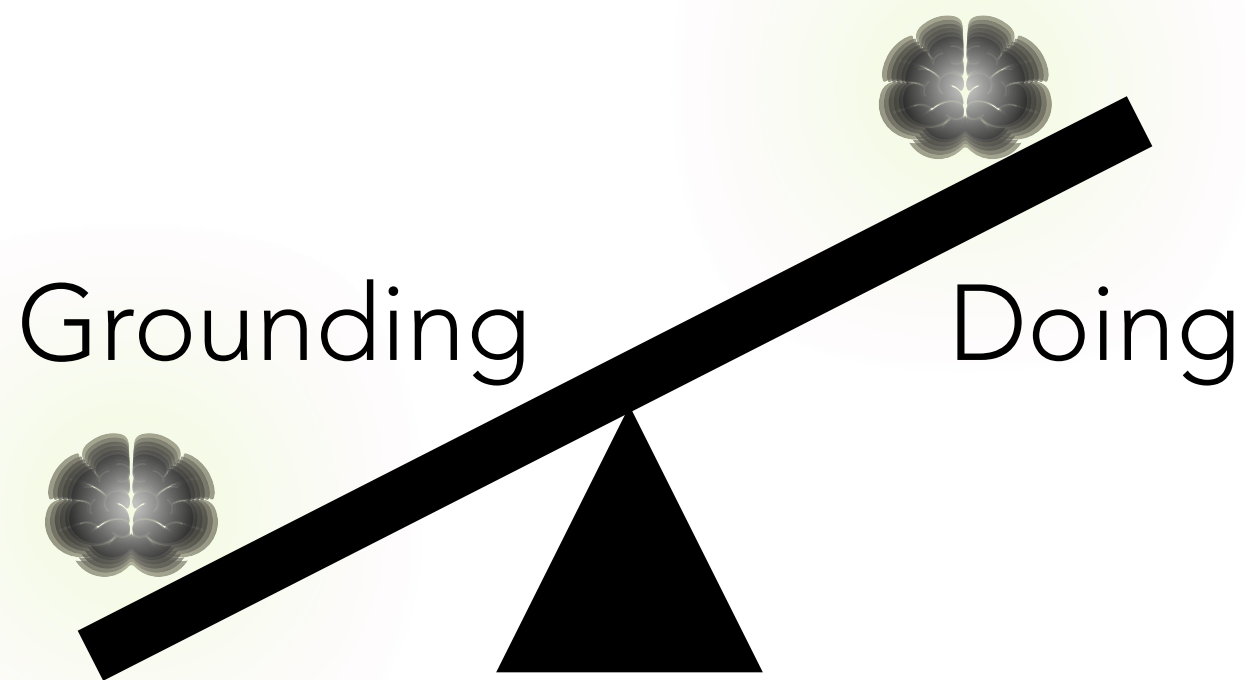
When we operate more with autonomy & initiative we get to work externally "DOING". When we operate more with guilt & shame we work internally "DOING"



I built  
that!

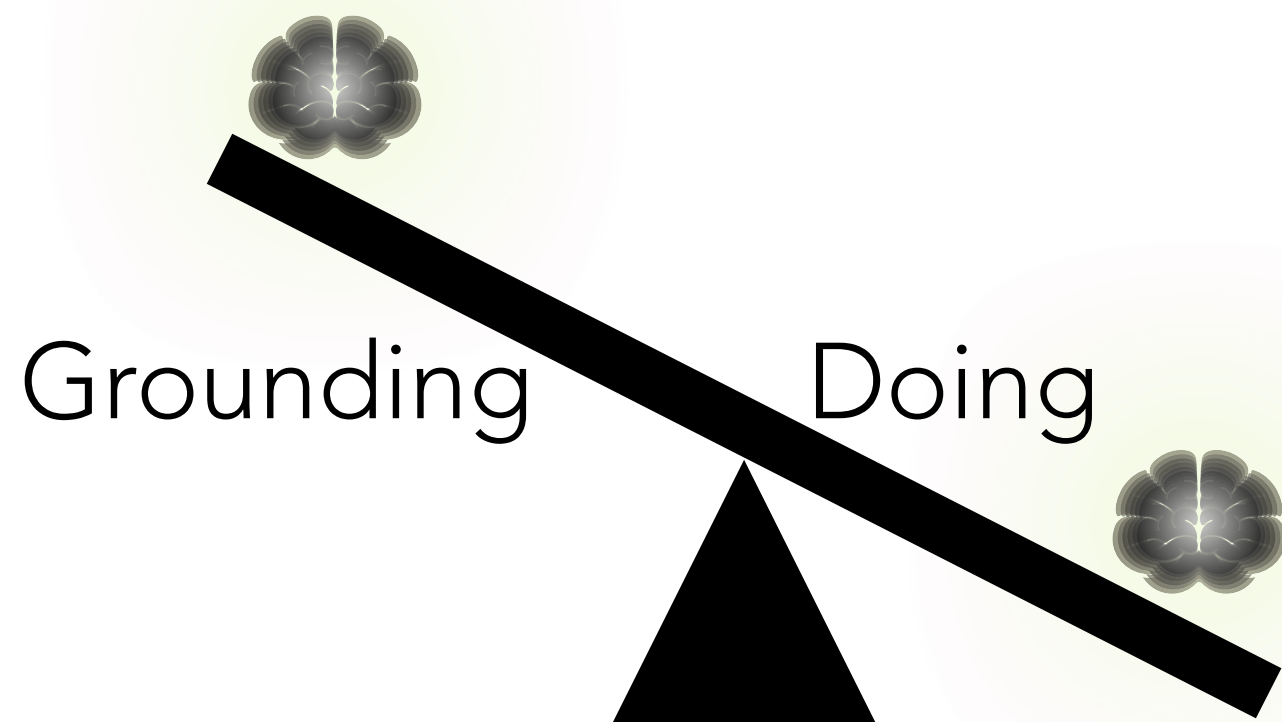


The big difference is that external doing allows us to witness, via our senses or Inputs, our progress. Internal doing, doesn't provide us with externals or other easy to witness measures to ascertain our progress. So we use a simple, feel good, feel bad, measure. Outer world problems are easy to see and fix. Inner world problems aren't as easy. When try to fix inner world problems we tend to create more problems. We'll begin doing "feel good" or "free from pain" activities, like taking drugs, alcohol, gambling, pornography etc. These move us further from our ultimate desired place.

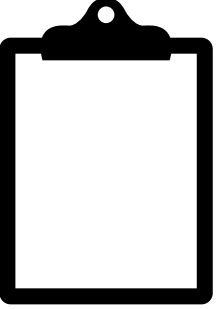


Even healthy escapisms like grounding activities can create a tetter totter effect that causes a spin motion in life where we find ourselves busy but not advancing towards desire.

We focus on Grounding to make us feel better then we return to Doing life until we feel the need for more grounding. This back and forth focus often keeps us busy which is a form of experiential avoidance. (more on this later in the course)



## Notes



## A Mindset Choice example

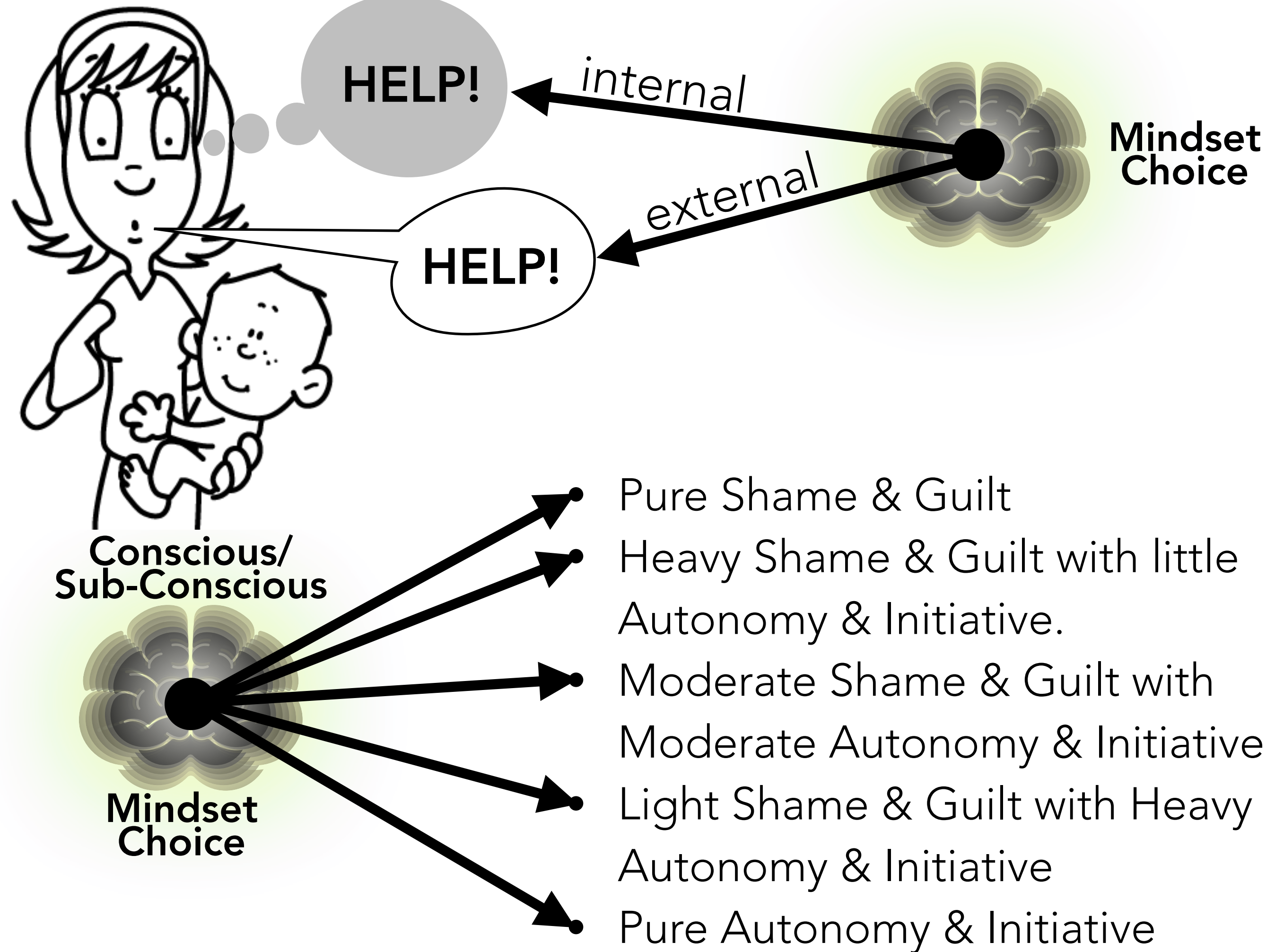
For example :

A Parent might  
feel guilty for  
not knowing  
how to handle  
their child's  
behavior ...  
...or feel shame  
for their child's  
poor  
performance.



Our Mindset choice  
is in play also in  
play is Cognitive  
fusion (more on this later in the course)

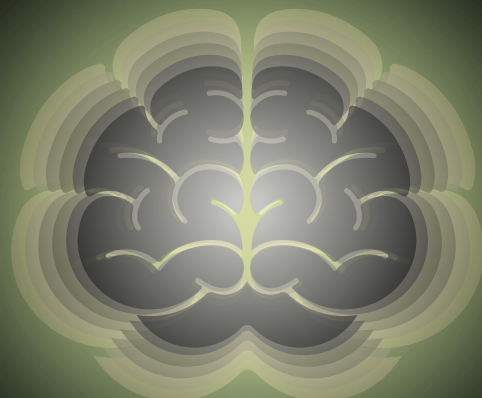
Our cognitive  
fusion can have us  
believing that  
parenting is natural  
and the skills are  
inate. So not being  
competent means  
something is wrong  
with us.







**Conscious/  
Sub-Conscious**

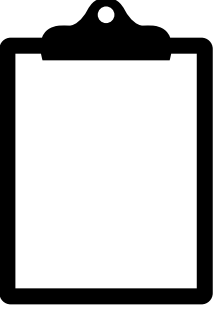


**Mindset  
Choice**

When we cry for help internally and we don't ask for help it's because guilt and shame keeps us from taking initiative and autonomy. We try to solve these problems inside. Usually making a bigger mess of things.

Most of this happens at the sub-conscious level so we aren't aware of the sabotaging effects of internal fixing. Once we become aware we can make a conscious choice to first recognize our cognitive fusion and Mindset choice. This is the first step towards intervention or method change. When we remain unaware and we allow Cognitive fusion and Mindset choice to run on sub-conscious programming & impulses we fall off the optimal parenthood journey. Then stress Grows & Grows...

## Notes



# Mindset & fusion example played out

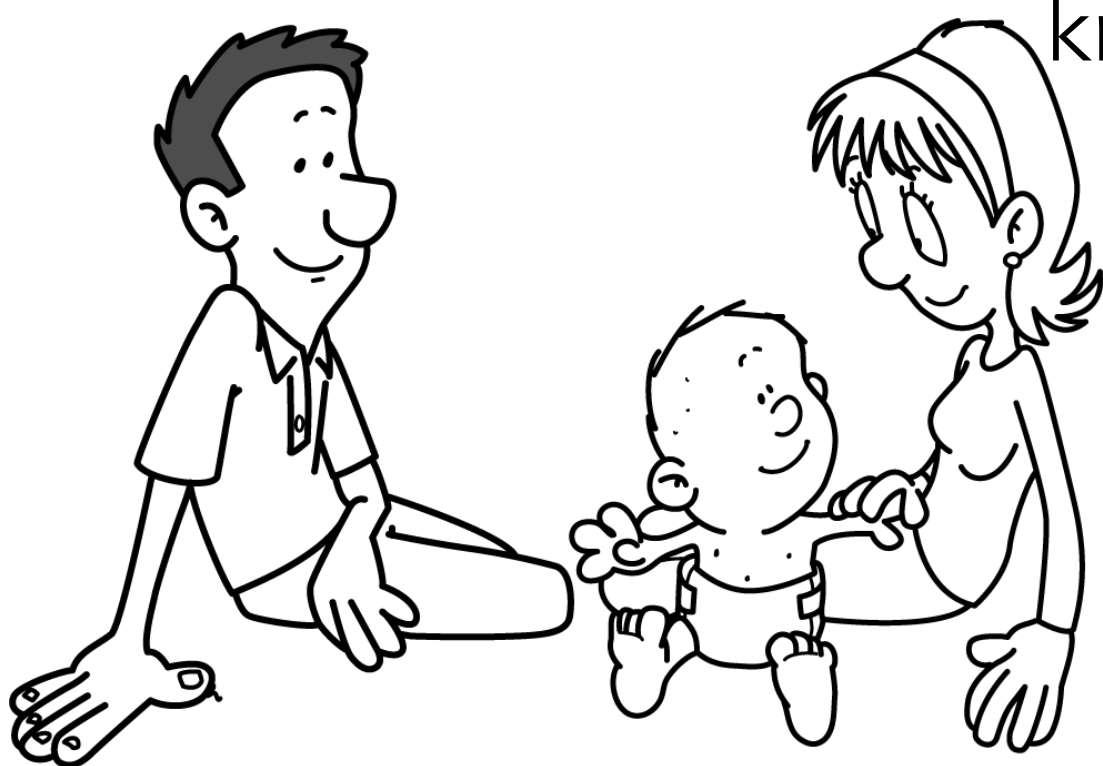


Let's say your cognitive fusion tells you that parenting is natural and the skills to be a great parent are innate.

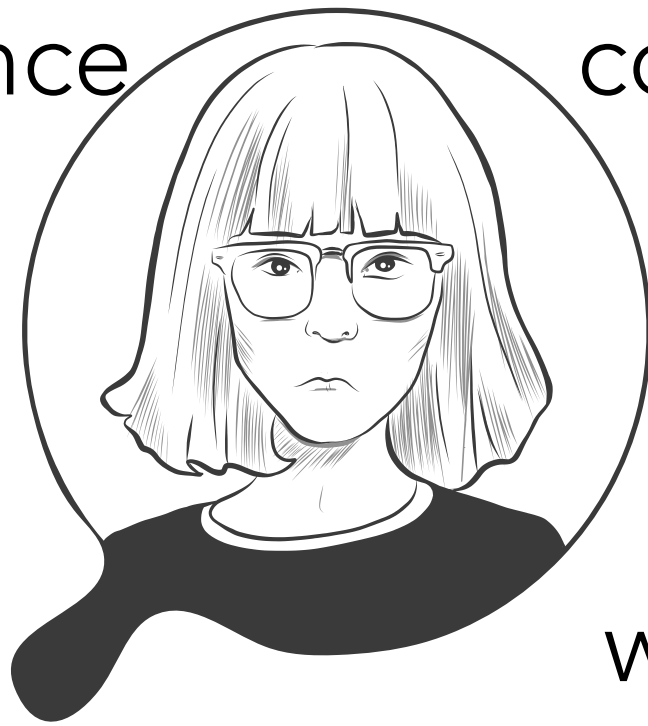
There is a difference between natural things & everything else.

Creating a family is natural. Natural, like breathing, eating, walking, sleeping. These are done instinctively or with minor training. We learned to walk, talk, eat, speak, and play. Basic things, natural things. As parents we feel we should know how to parent. Our parents and theirs before them learned from the previous generation. Human's don't go to school to learn about parenting. We are supposed to naturally know. This is the cognitive fusion of parents. So when we realize we don't know what we believe we should know, we tend to feel guilty or shameful ( our mindset ).

How we respond to these kinds of feelings sets the stage for all future experiences.

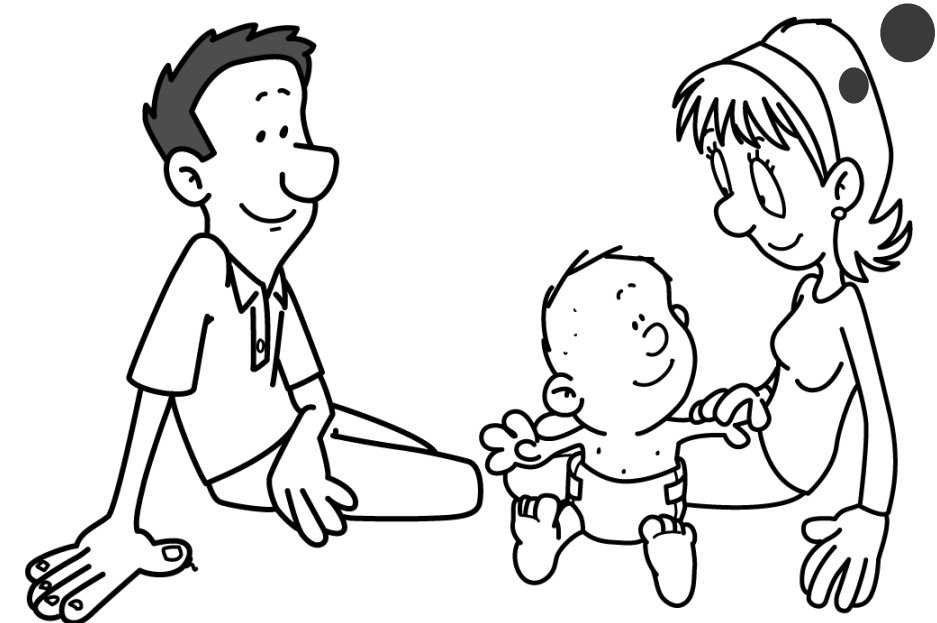


Feeling Shame & Guilt, can make us feel embarrassed and feel Incompetent, lowering self esteem. We then bargain or deny that this is an issue. Perhaps we fall into a state of chronic depression. Some of us will just accept our ignorance

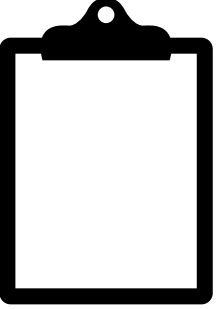


concluding that we our children will turn we have a duty. Our child prepared for we know deep down

inside we will do anything for our child. Deep inside we want the best for them. We want them to be successful. Yet, Shame rules.



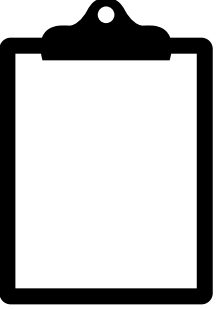
## Notes



# Shame Rules

When Shame Rules our Mind is under the control of shame and guilt. We don't take initiative. We leave the responsibility of preparing our child for adulthood to chance. We refuse to acknowledge these negative motivating feelings leaving no room for accommodation. Rather than owning them, they own us. Our ownership power is removed eliminating any chance of empowerment. We escape into grounding for temporary relief of life's negative thoughts, feelings and heavy emotions. We then get busy doing life trying to keep up with its challenges with our only goal being to make it to the end of the day. To our next workout. The end of a week. To our next yoga class. To the end of the month. To our next Life coaching session. The end of a school year. To our next broken resolution. Until our child is grown and no longer in our charge. Then what?

## Notes

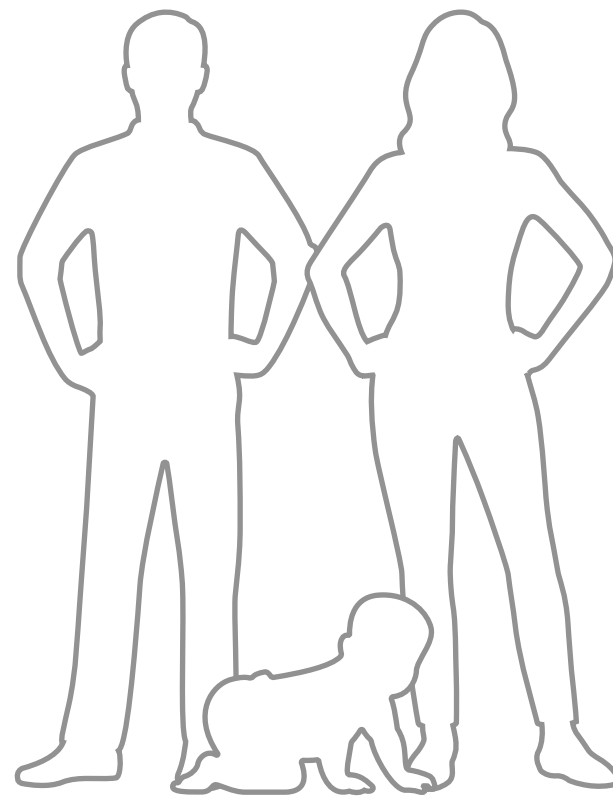




# Choices Move you

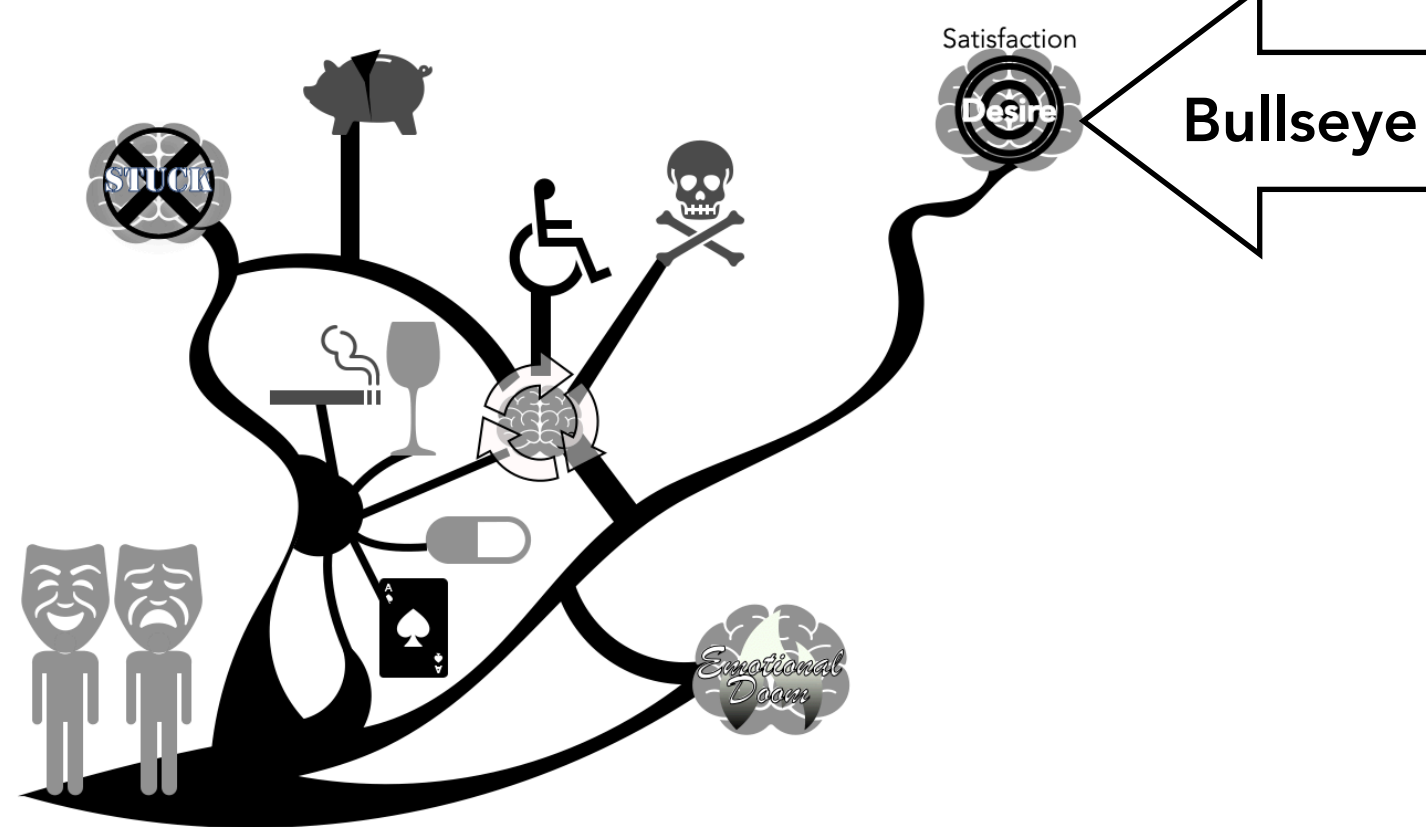
This example of a parenting might as well be an example of a person's pursuit of a career, wealth, health, power, fame, fun, significance, better relationships and more.

Those that operate more from Guilt & Shame will fall short of their desires. Those that operate from moderate to heavy Initiative & Autonomy will see asking for help as a means to collect skills...



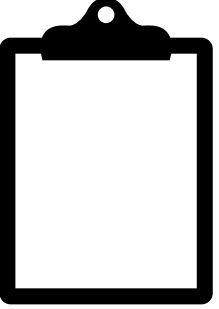
needed for additional autonomy & initiative.

These words are synonymous with Freedom & Empowerment. The gathering and practicing of skills creates Mastery. Your choice acts the same...

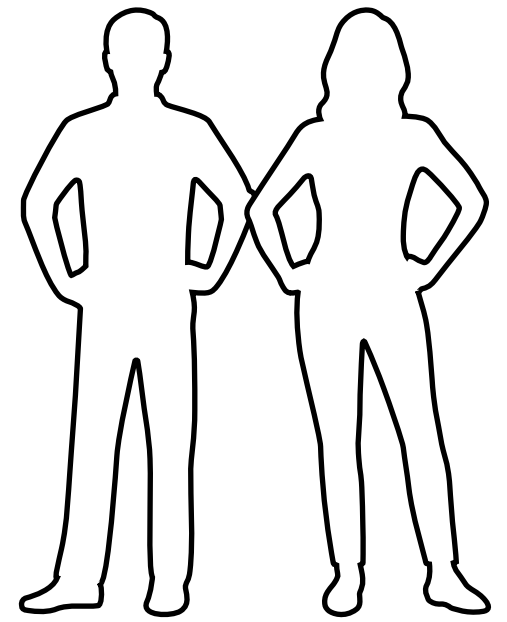


No matter your choice you'll be moving towards something. Guilt & Shame leads to escapism habits like drugs, alcohol, pornography, gambling or dare deviling. That carousel will drive you to be financially ruined, Kill a relationship, Create a physical or mental emotional disability. And you can even die. Your thoughts will have you feeling stuck, with no solution. They can make you feel doomed, drained or on fire emotionally. Choosing Autonomy & Initiative will lead you towards satisfaction. Not a direct path because life has its mysteries. And you'll need a moral compass guided by a sense of shame and guilt which have successfully been accommodated. The truth is that when you are curious and have drive, no circumstance can stop you from reaching your DESIRES aka goals in life.

## Notes



# Simple Choice, right?



So it's as simple as a choice, right?

Well, yes and NO! For the uninitiated NO will be our default choice. So who are the initiated and uninitiated?

Well for the initiated it all boils down to two things. One, Those that were conditioned to be autonomous with initiative, while understanding the roles of guilt and shame. Two, those that learn Mind Mastery which reconditions your mind into becoming empowered & free from dependency of all kinds. Those conditioned rather than learned will operate from the same place as the uninitiated. The sub-conscious mind.

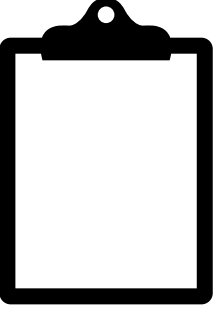
Those operating from the subconscious mind that remain unaware will have a different way of growing, a different understanding of ownership, and a different way of Doing life perhaps without purpose versus someone who operates with 6FEM.



The world is beginning to awaken as seen by the explosion in the self help industry. Folks have been introduced to the power of grounding. Mindfulness is the rave. Ownership & purpose are also being presented in a number of ways with life coaching pushing a new form of doing & growth

So it's as simple as committing to productive value goal driven change and doing the work to make change happen. However, if we don't open up & we refuse to be present and continue to be unaccepting with how we think and feel, don't adopt new strategies and we don't get to work doing what we should be committed to doing, the change will seem very difficult to impossible. The truth is, that's exactly what most of us do. We don't follow those guidelines or this framework ( ACT framework) for success. Later we will look the ACT framework that when put to use will simplify the change process.

## Notes





**Acceptance**

# Acceptance, the missing point

Acceptance is the missing point that people are only now beginning to recognize that addresses these feelings of guilt & Shame as well as other feelings and emotions that cause us emotional doom and/or leaves us feeling stuck.

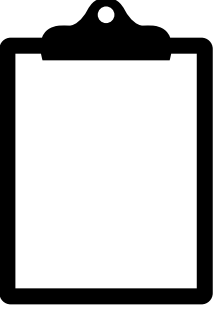
While Life Coaching, NLP, CBT, EFT, Cognition Tower, are incredible disciplines and help a great deal. True freedom, empowerment and mastery are achieved when we stop avoiding the feelings and thoughts and we accept this natural part of the human experience. When we acknowledge, allow and accomodate our mind, body and spirit's operation fully, we become Free, Empowered and Masters of life.



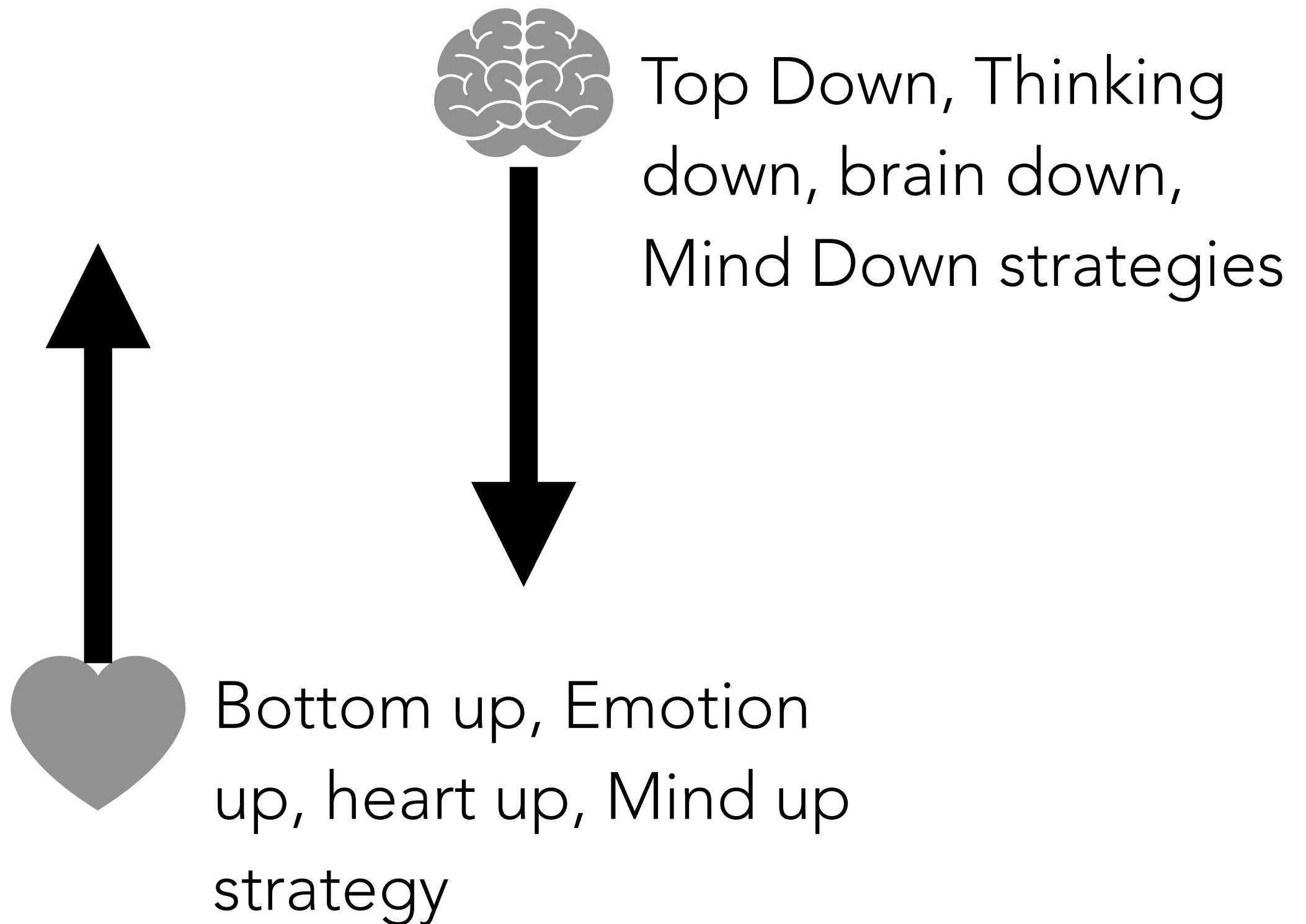
ACT is the missing link and final point of the hexagon of freedom, empowerment and mastery.

Welcome to Acceptance Commitment Techniques ACT.

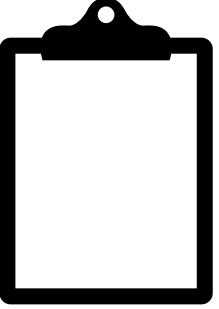
## Notes



# Unpacking Acceptance, the missing point



## Notes

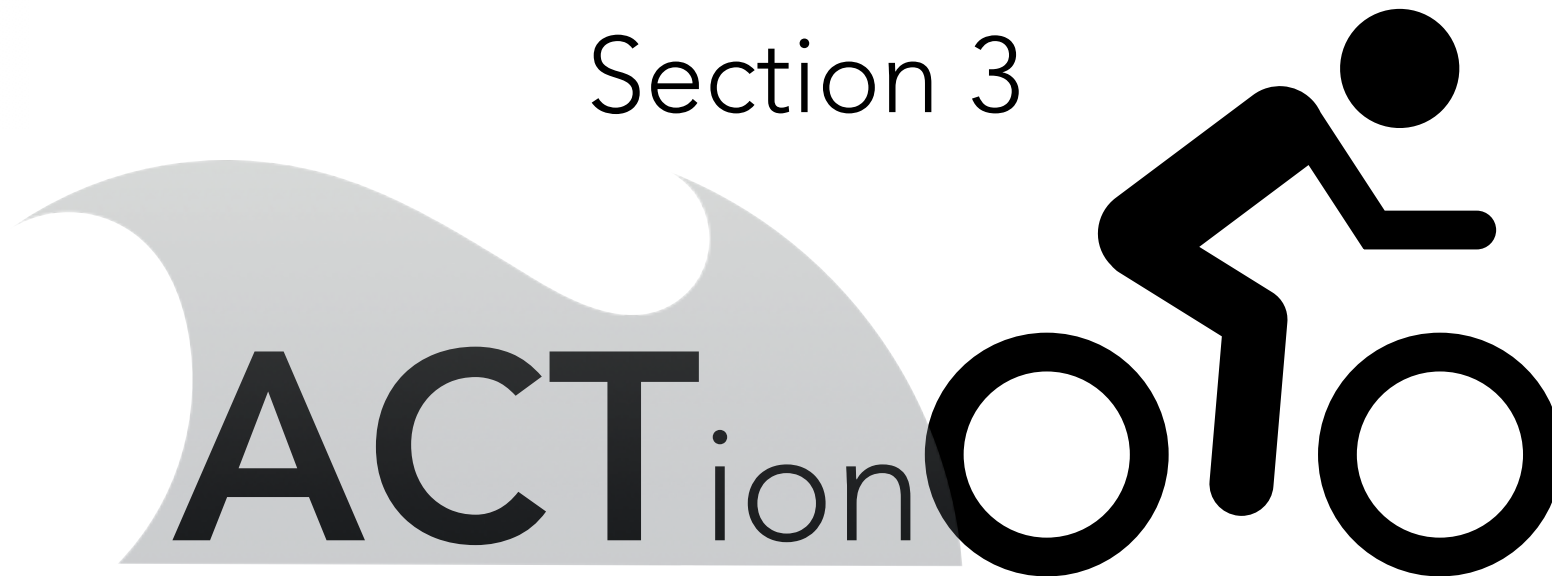




ACT PRACTITIONER'S CERTIFICATION

# WHAT IS ACT?

## Section 3



ACT pronounced Act and not spelled out as A-C-T is referred to as an action oriented therapy. For the purposes of this course we will look at ACT as an action based ideal that uses a variety of techniques to help us resolve issues and fit well into the 6Fem hexagon that enables us to become free of all dependencies delivering us empowerment opening the door of life mastery.

ACT on its own is Acceptance, Commitment, Therapy  
ACT with 6FEM is Acceptance, Commitment, Techniques

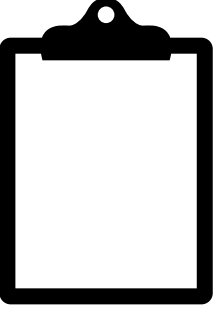


Why the difference?

With 6FEM we will use parts of a variety of disciplines dealing with each point of the hexagon. We will take parts of NLP, CBT, CognitionTower, Life Coaching and ACT the therapy version to form our own unique powerful formula that works best for us.

Remember this is a practitioner's course. So you'll practice these techniques on yourself. Of course you can share with others but understand what works best for you may not work best for everyone else. However, if you prefer to use therapy rather than techniques go right ahead. Right away you are exercising choice and that's a good thing.

## Notes





# ACT History

ACT is a relative new comer in the world of self help disciplines & therapies

## Helping discipline timeline



REBT Rational Emotional Behavioral therapy began in the 1950's

REBT was begat from Albert Ellis which evolved into CBT

CBT began in the 1960's thanks to it's creator Aaron Beck

NLP began in the 1970's thanks to John Grinder & Richard Bandler

Life Coaching as a profession began in the 1990's

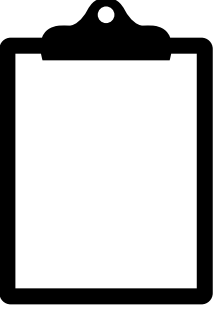
ACT came along in the mid 1980's created by Steven Hayes. Kirk Strosahl & Kelly Wilson developed it further.



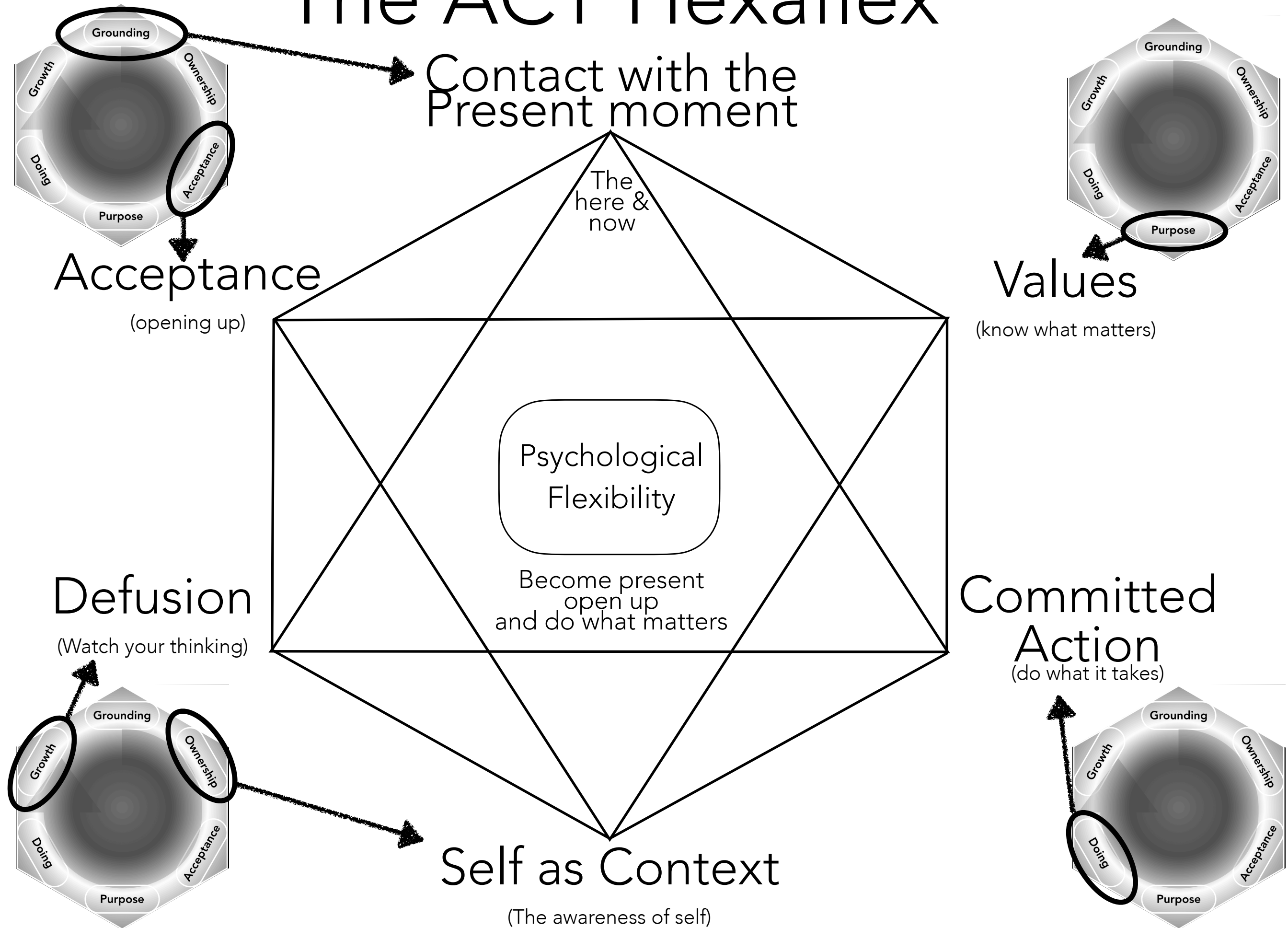


ACT's purpose is to deal with issues from an alternate perspective. While CBT & NLP looked at thinking through thoughts and feelings, in essence moving beyond the feeling, ACT says to accept our emotions, in particular, pain or negative thoughts. Thoughts and feelings are natural. They should be respected and tamed and not avoided. ACT looks at values and the power of our feelings and emotions. ACT creates a plan of action motivated by the knowledge of the power and drive of emotions feelings & thoughts.

## Notes



# The ACT Hexaflex



- **Contact w/ Present moment**

AKA Grounding (5Fem) using mindfulness methods to connect with the here and now. Using flexibility to narrow or broaden mental focus. Paying attention to your outer & inner physical & inner psychological world.

- **Values**

What we own of our actions and the thoughts and feelings that drive our actions. The root of why we do what we do in life. They hide in our sub-conscious placed by experience they represent our understanding of correctness and/or desire and/or need at the physical & psychological depth of our continuum term.

- **Committed Action**

Our self agreement or oath of effort of doing or the process of executing the task and steps towards our desired change guided by our values. Taking charge and leading with resiliency tenacity determination until completion has been accomplished.

- **Self as Context**

Observing our mind from a third position or objective perspective. Our mind draws from the brains of body and spirit and performs thinking operations, captures and dismisses thoughts, interprets sensations, emotions & feelings to create our experience. It's the noticing the automation & functionality of the Mind.

- **Defusion**

Putting into action the process of practicing Self as Context for the purposes of examining our mind from various angles, perspectives from different timelines, situations and magnitudes. Taking apart the pieces that make up thoughts and feelings and rearranging for Acceptance exercises and added insights.

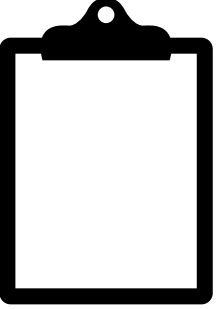
- **Acceptance**

The allowance of the truth of our experiences. Allowing for feelings, emotion thinking patterns and thoughts. Allowing then to flow through us from different positions. Accomodating these experiences from the various perspectives to allow us to choose which of the perspectives we will use to reach our goals.

"We create a greater quality of  
life by practicing Psychological  
Flexibility

(using the Hexiflex as a guide)  
because it enhances our capacity  
to become fully conscious, to  
expand our experience and to  
MOVE/DO aka ACT guided by  
conscious values"

## Notes



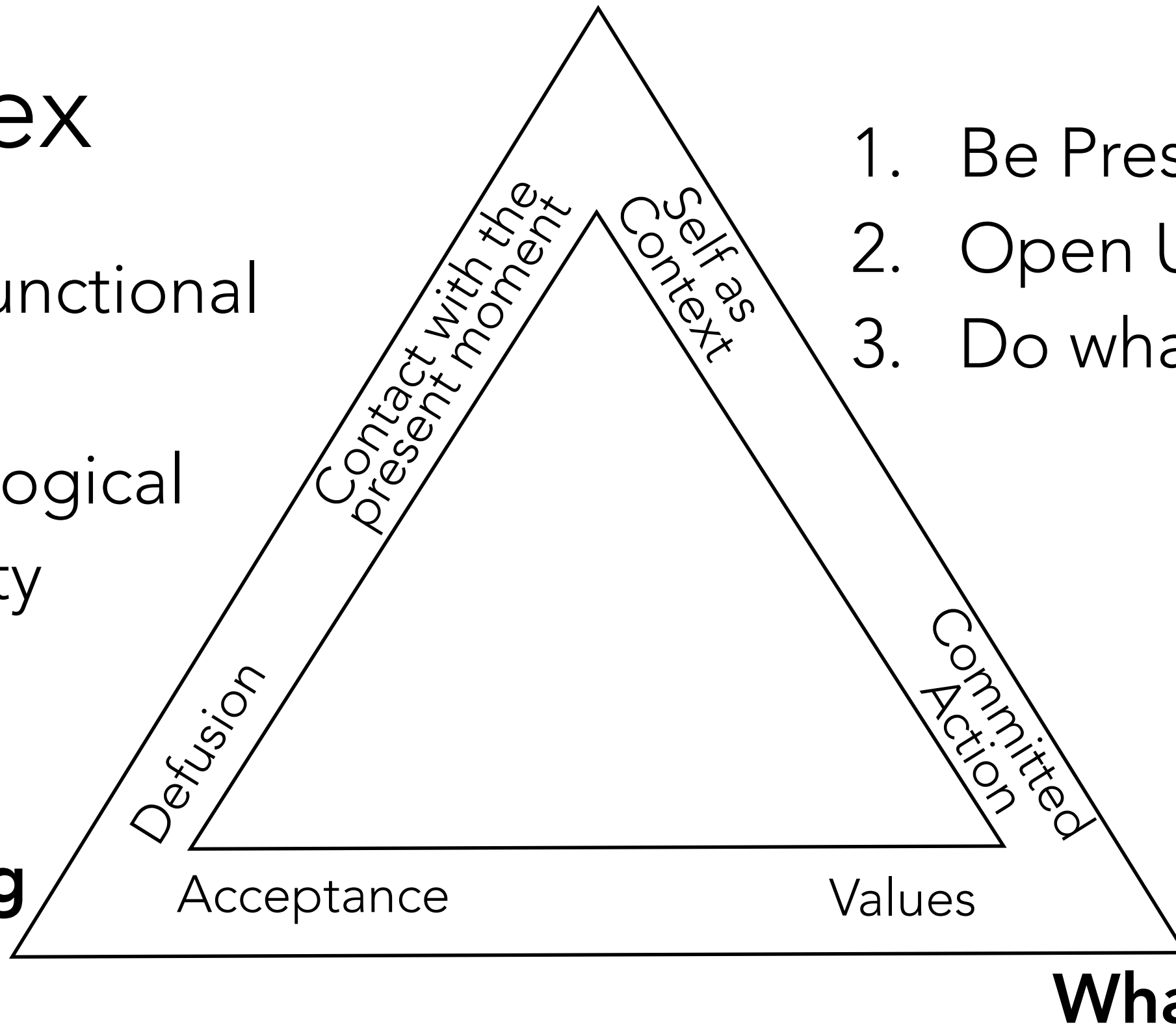
# The ACT Tri-flex

The 3 functional  
units of  
Psychological  
Flexibility

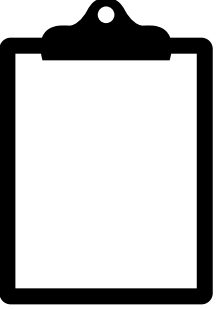
**Opening  
Up**

**Being Fully  
Present**

1. Be Present
2. Open Up
3. Do what matters



## Notes

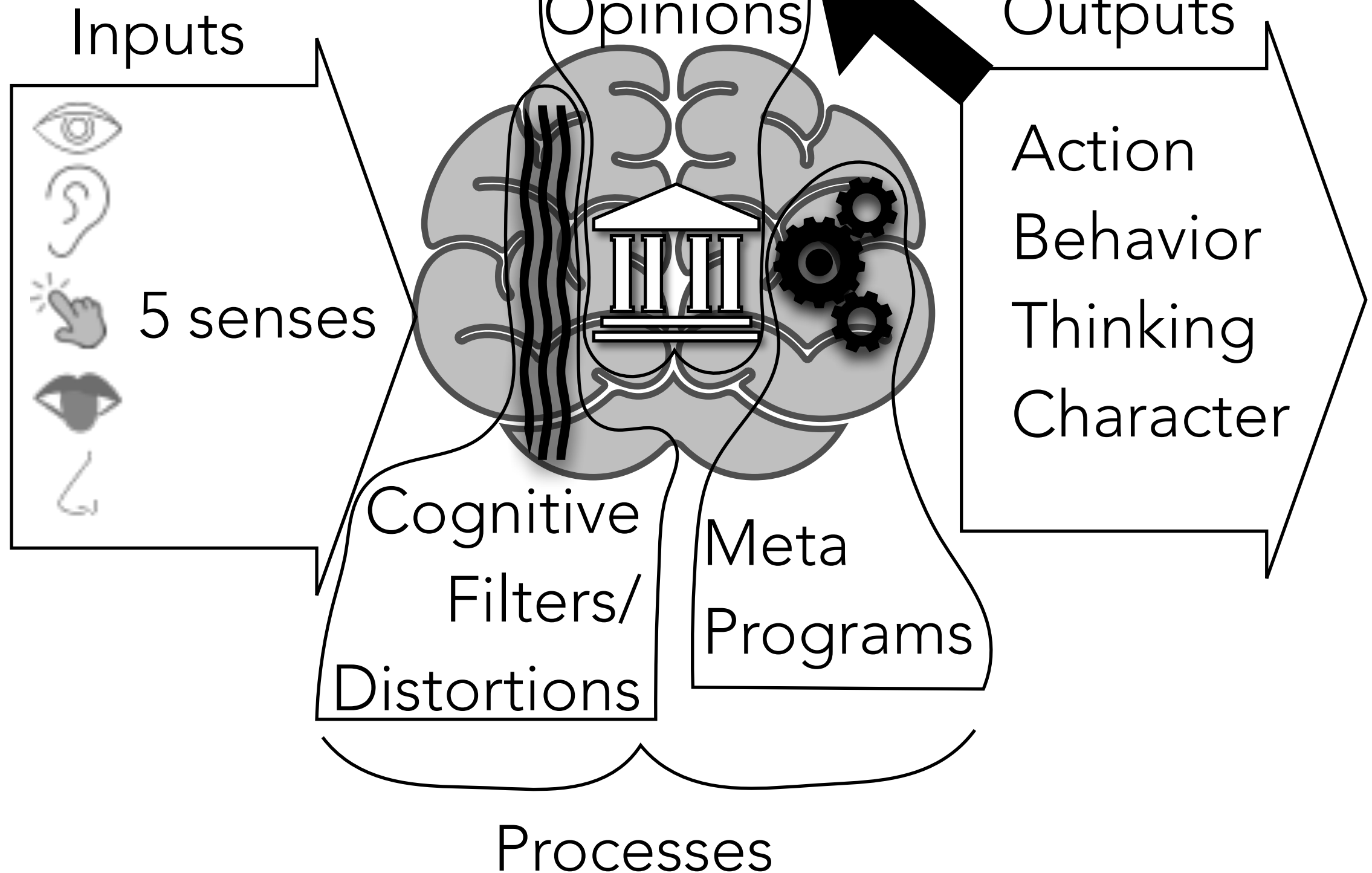




# Meta Options

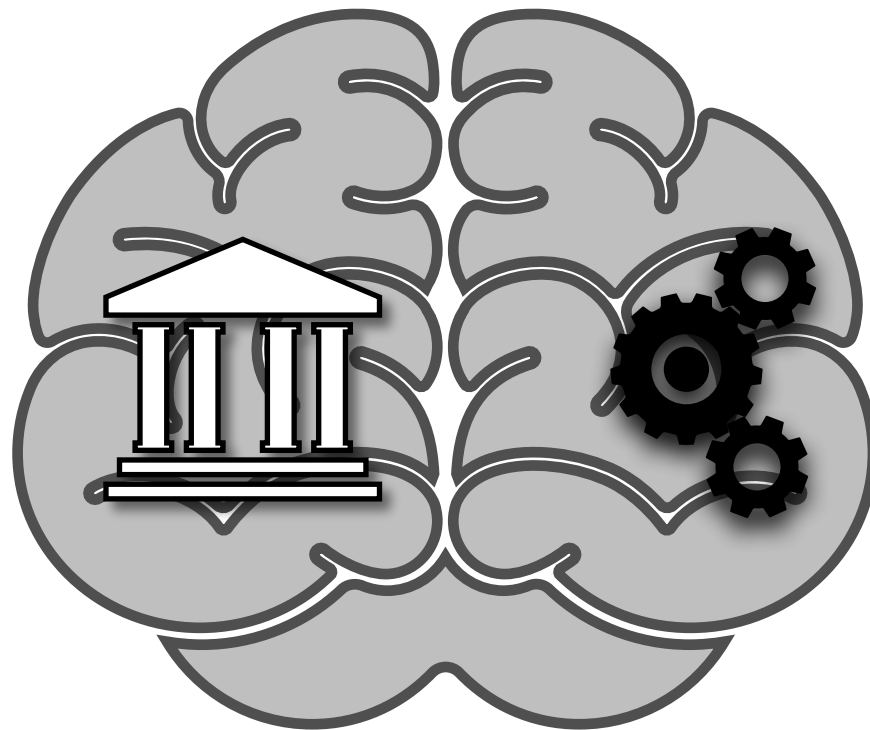
Processes

The IPO's of  
Cognitive Action



# Processes

memory & meta work together to workout the meta options of our sub-conscious mind.

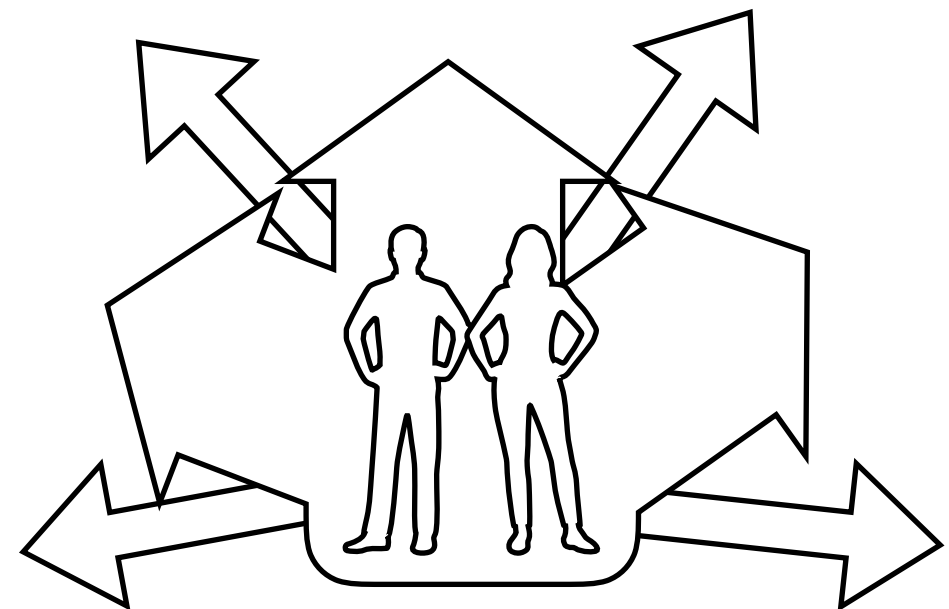


The mind is making millions of decisions each day most in split second time. With each decision there is a center switch or choice point that subconsciously chooses how we will act.

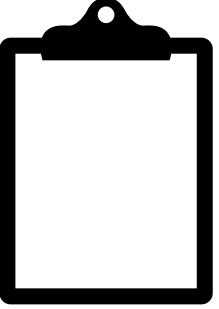
“So we need to locate that spot, that center switch or choice point and explore the coding that is causing our subconscious to select the option that is preventing us from getting what we want and/or need in life”

As a ACT practitioner or Life Coach using ACT tools you will investigate this point. Practitioners and Coaches use tools to help discover that point. The three most popular are:

- Four Square
- ACT Matrix
- Choice Point



## Notes



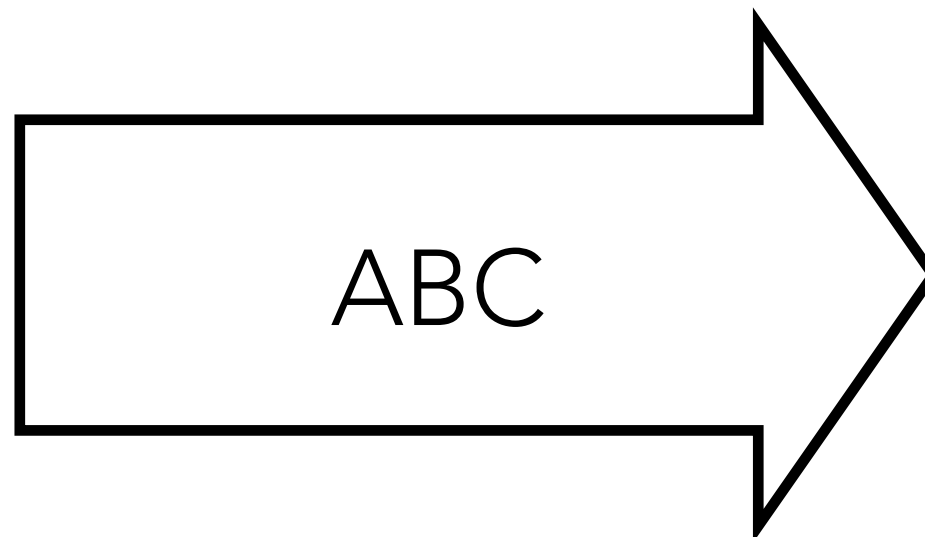


# ACT PRACTITIONER'S CERTIFICATION

## 3 MAIN ACT TOOLS

### Section 4

#### FOUR SQUARE



We all make thousands of choices each day. There are conscious and sub-conscious drivers that guide our selection processes. ACT looks to pin-point the moment when a choice occurs to explore the motives.

## ABC's of Behavior Analysis

the  
"I" + "P"  
of IPO's

the  
"O"  
of IPO's



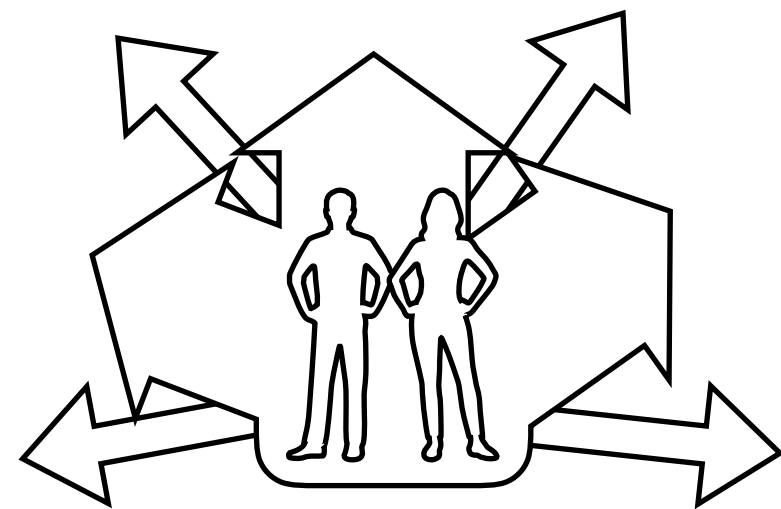
**A**ntecedents => **B**ehavior => **C**onsequences

What's going  
on here...

...that creates  
this...

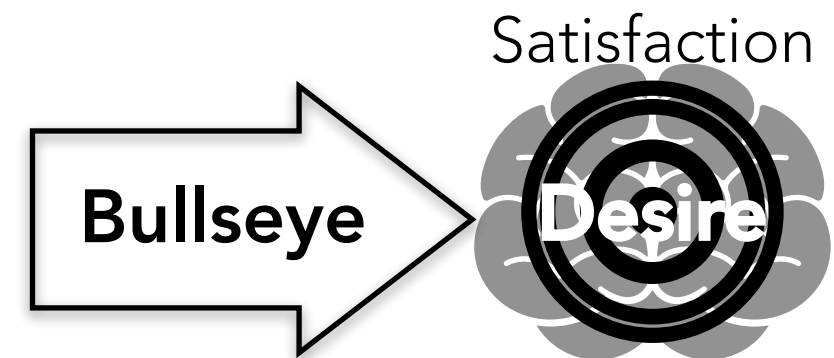
...resulting in  
that?

Satisfaction



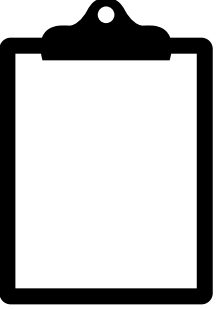
The four square tool was created by Kirk Strosahl Ph.D who modified ACT into FACT (Focused Acceptance & Commitment Therapy).

A		Workability	
		Not Working (Less Meaning)	More Workable (More Meaning)
B	Public		
	Private		



FourSquare is used with the Bullseye. Bullseye is the targetted aim or goal, you or your client, wishes to acheive.

## Notes



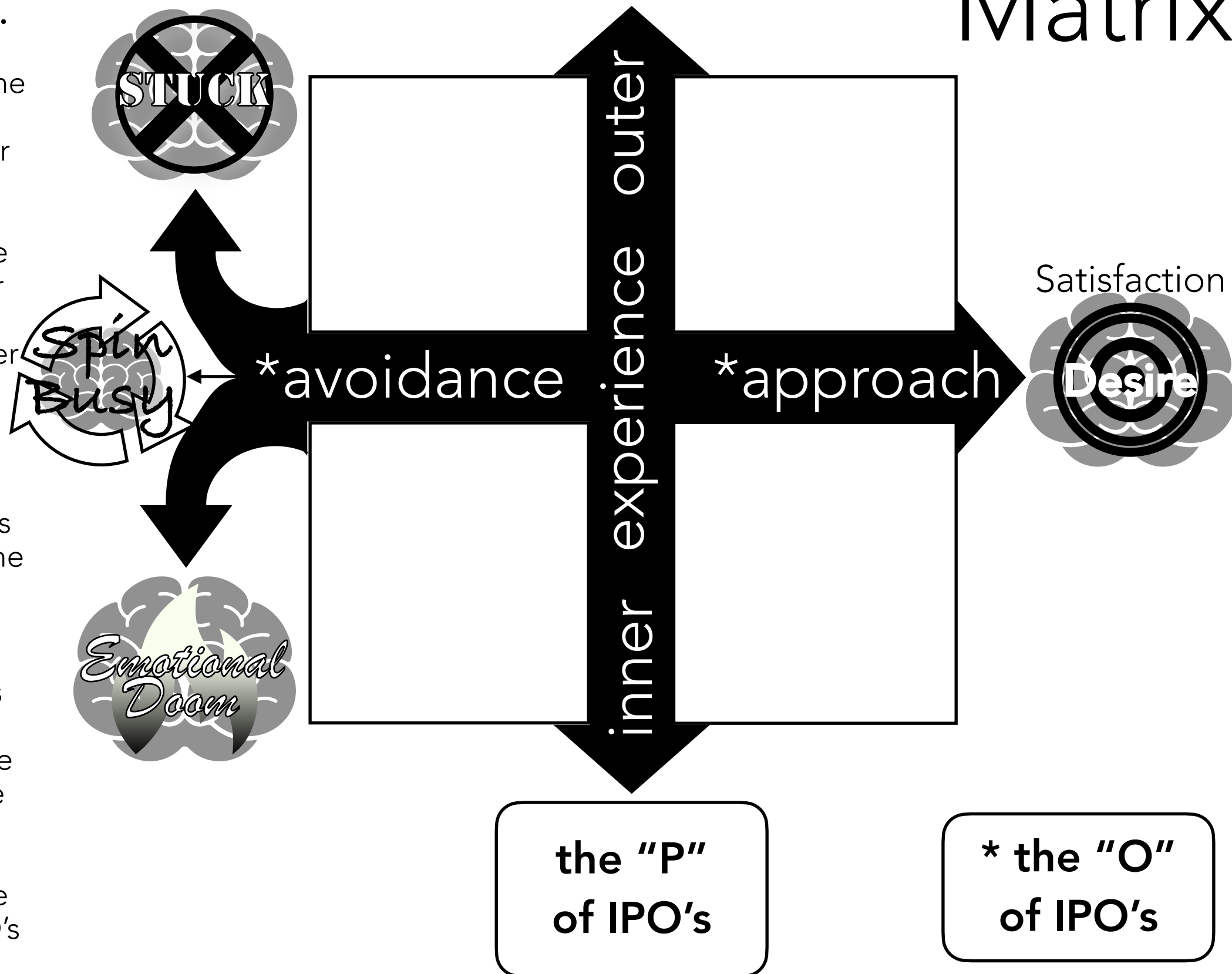


# ACT Matrix

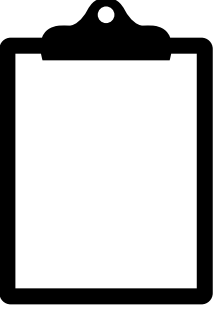
Another popular tool is the ACT matrix.

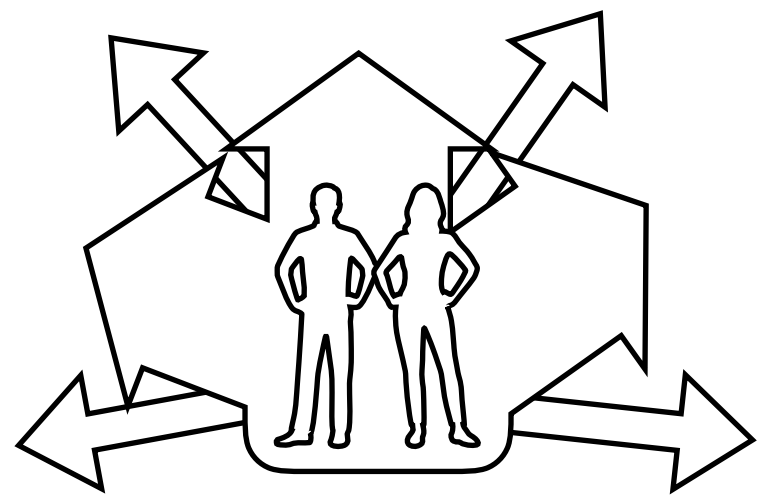
This is simple grid made up of one vertical and one horizontal line intersecting at the center of the page. The vertical line represents Experience. The top side of the page is your outer world and the bottom is the inner world. The inner world are your thoughts and feelings while the physical sensations are the outer world. The horizontal line represents avoidance or away on one side of the page with approach or towards on the other side of the page. Probing questions are asked and the answers are placed in the four areas. Later they are analyzed.

When we compare this approach to Four Square you can see that the IPO's are shifted.



## Notes

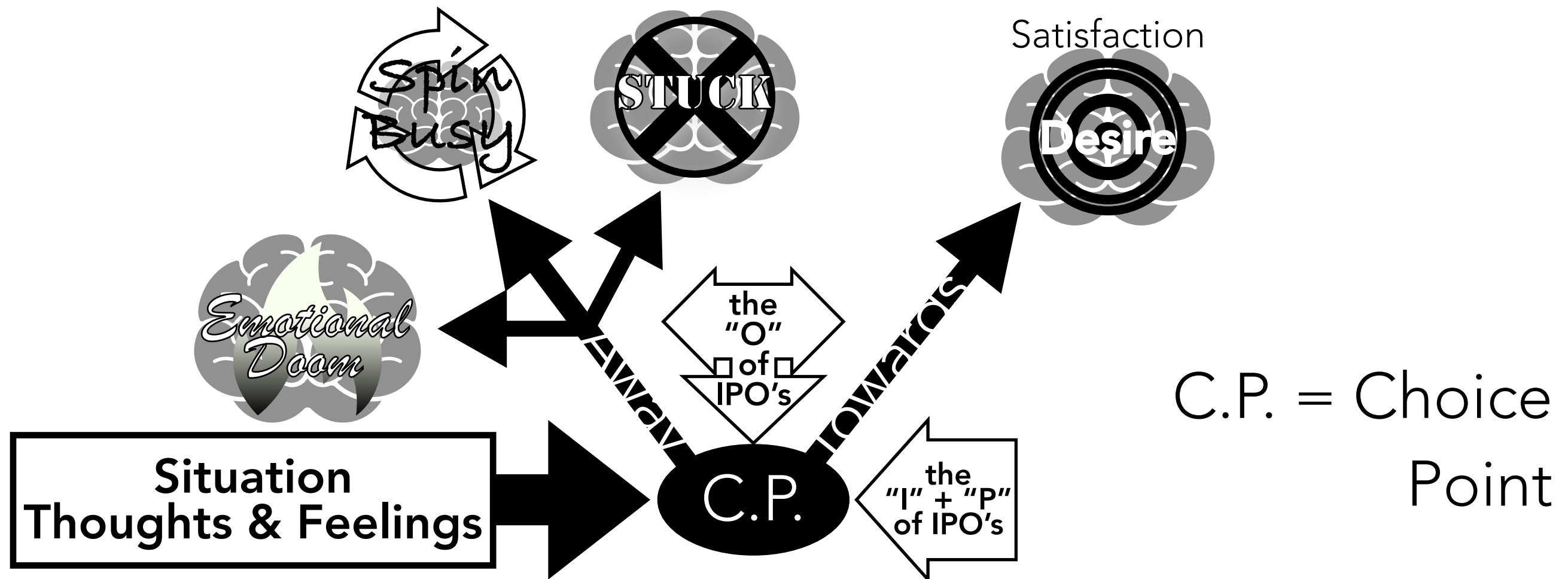


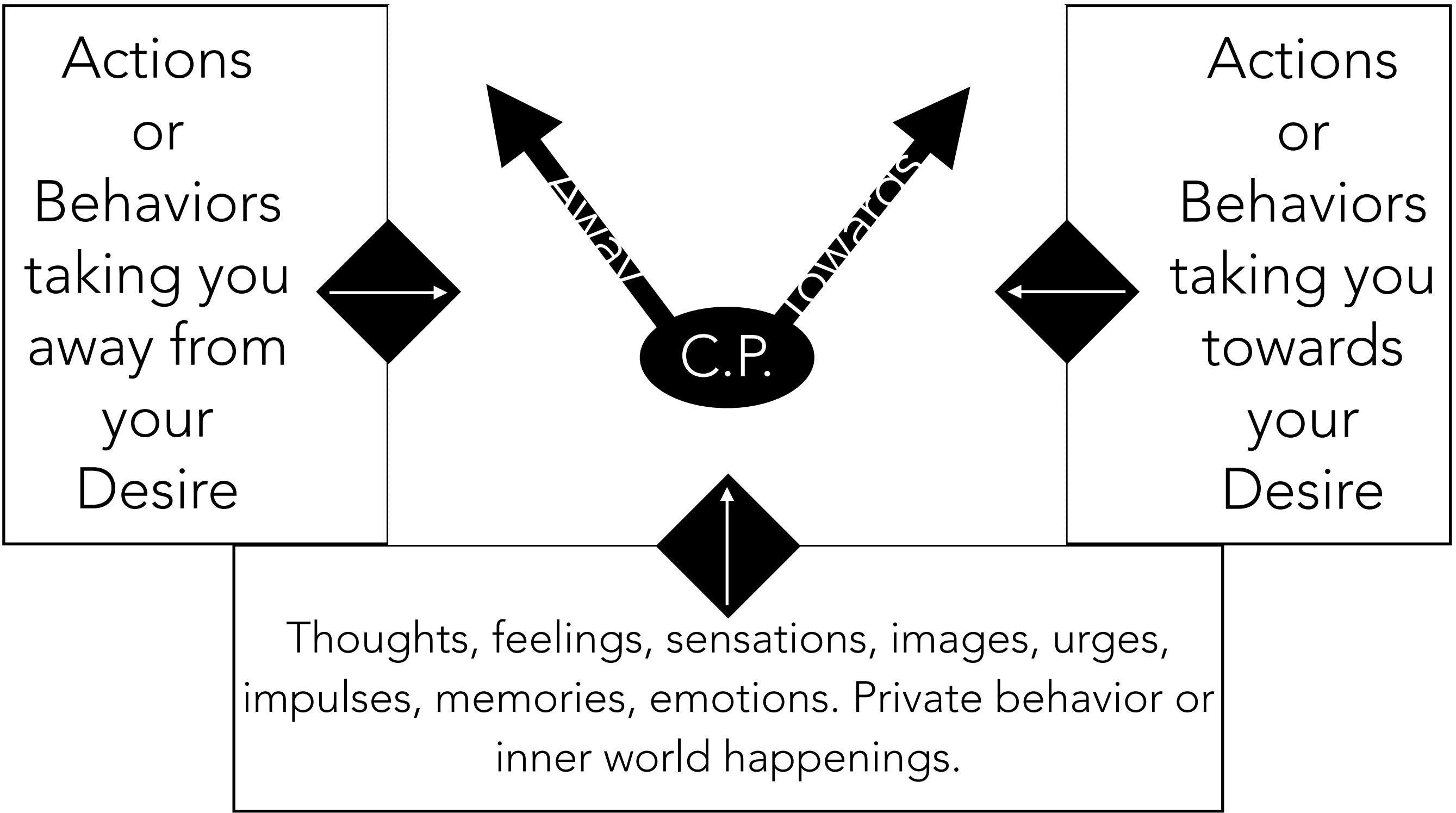


# Choice Point

Choice Point, the brain child of Dr. Russ Harris. FYI, many parts of this course are guided by Russ Harris's book "ACT made simple 2nd edition."

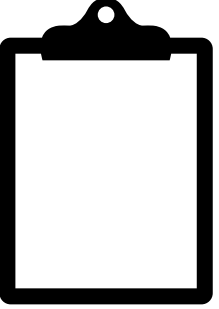
A circle represents the C.P. It holds the situation. Two lines representing towards and away. Similar to the motivation theory of the carrot and the whip or Tobias Lundgren "Bullseye". Questions are asked with answers placed on either side of the arrows.





ACT visits the C.P. Choice point where emotions tend to drive or motivate the choice. ACT is action based. Meaning our actions are animated behaviors. When they become habitual and move us away from what we want then these actions are called Hooked. The actions that we should take to bring us towards what we want are called unhooked.

## Notes





ACT PRACTITIONER'S CERTIFICATION

# UNPACKING ACT

## Section 5

### HOOKED V UNHOOKED

Before we ask the Situation questions we will build up this tool to include  
Hooked & Unhooked

AWAY

C.P. or Situation

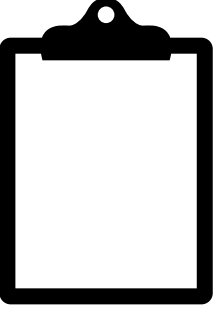
(Thoughts & Feelings) will  
be examined by  
looking at the IPO's  
of the mind and  
placing Outputs  
driven by Processes  
and Inputs into Away  
and Towards  
categories.

Towards

The Processes  
causing us to  
move away from  
our desire is  
considered to be  
hooked. Like  
hooked on an  
addicted type of  
poor program that  
sabotages our  
actions towards  
desire.

Choice  
Point

## Notes



# Helpful Questions



Gerard Egan professor at Loyola University in Chicago co-authored a popular university text book called "the skilled helper."

Egan has developed a highly efficient and effective three step model for helping counselors, therapist, life coaches, helping practitioners and self help practitioners. In essence, the steps are...What going on now? (how do you feel presently?, what are your current thoughts?) What would you like to happen? Thirdly, How are you going to get there?

This very simple yet powerful technique is a math equation. What's your point "A" (current position)? What's your point "B" (your bullseye or where you want to be)? What's the line connecting A to B (your strategy to get there)?



## Notes





# SFC Twist to Egan's Q's

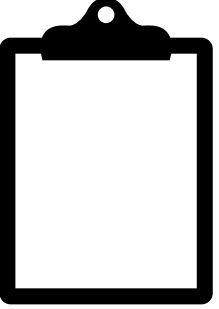
Star Family Coaching uses a multitude of disciplines and looks for the most impactful and quickest way to resolving (hopefully permanently) problems.

Egan's Three question model is an incredibly effective first round that often just kick-starts the minds of those answering those questions. It opens the door to the present state of mind, the feelings and thoughts in present time.

To ramp this model up to the next level we can add two extra questions and reframe the final for immediate impact. Here are the Modified Egan questions or the SFC questions.

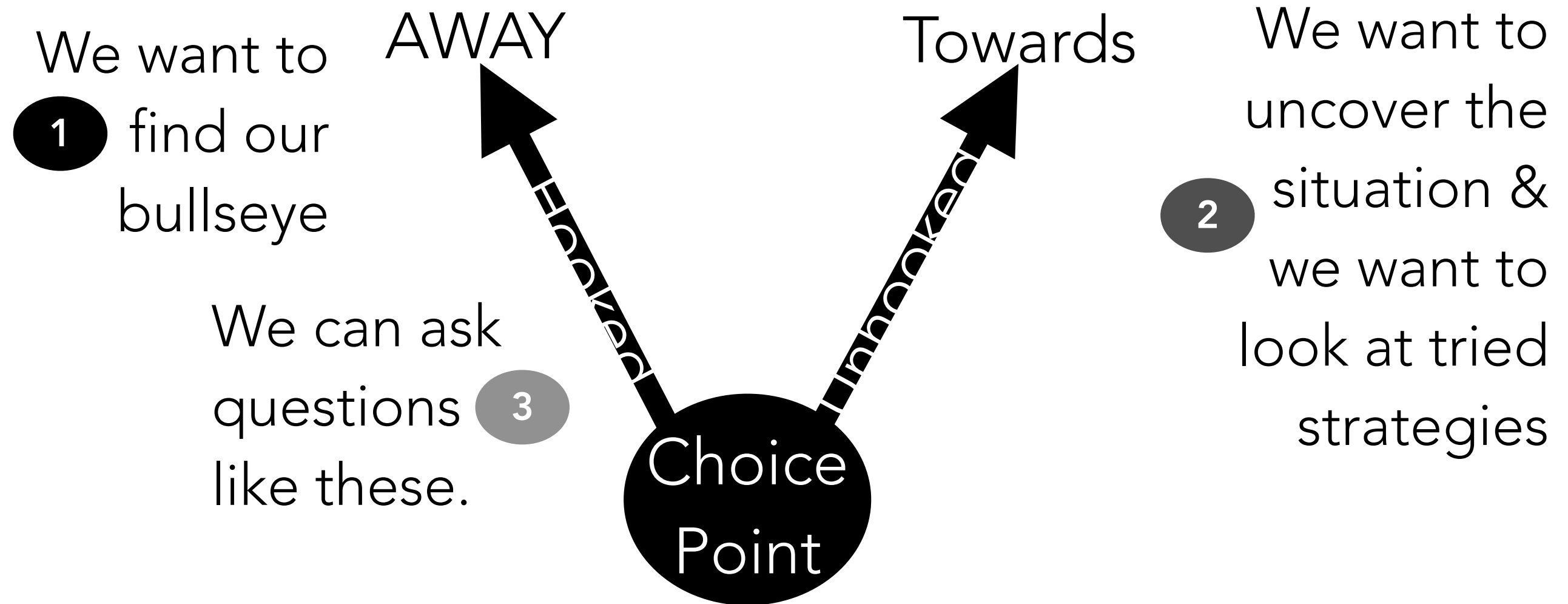
1. What's going on Now?
2. What do you want?
3. What don't you want? (this clears up #2)
4. What are you doing/done to get there?
5. What are you willing to do today to get there?

## Notes



# CP example w Egan Q's

Example: Lets say we have an issue with making friends & we've answered the "Whats going on now?" question. The rest goes like this...



Q) What do you want? A) I want friends!

Q) What DON't you want? A) I don't want to be alone!

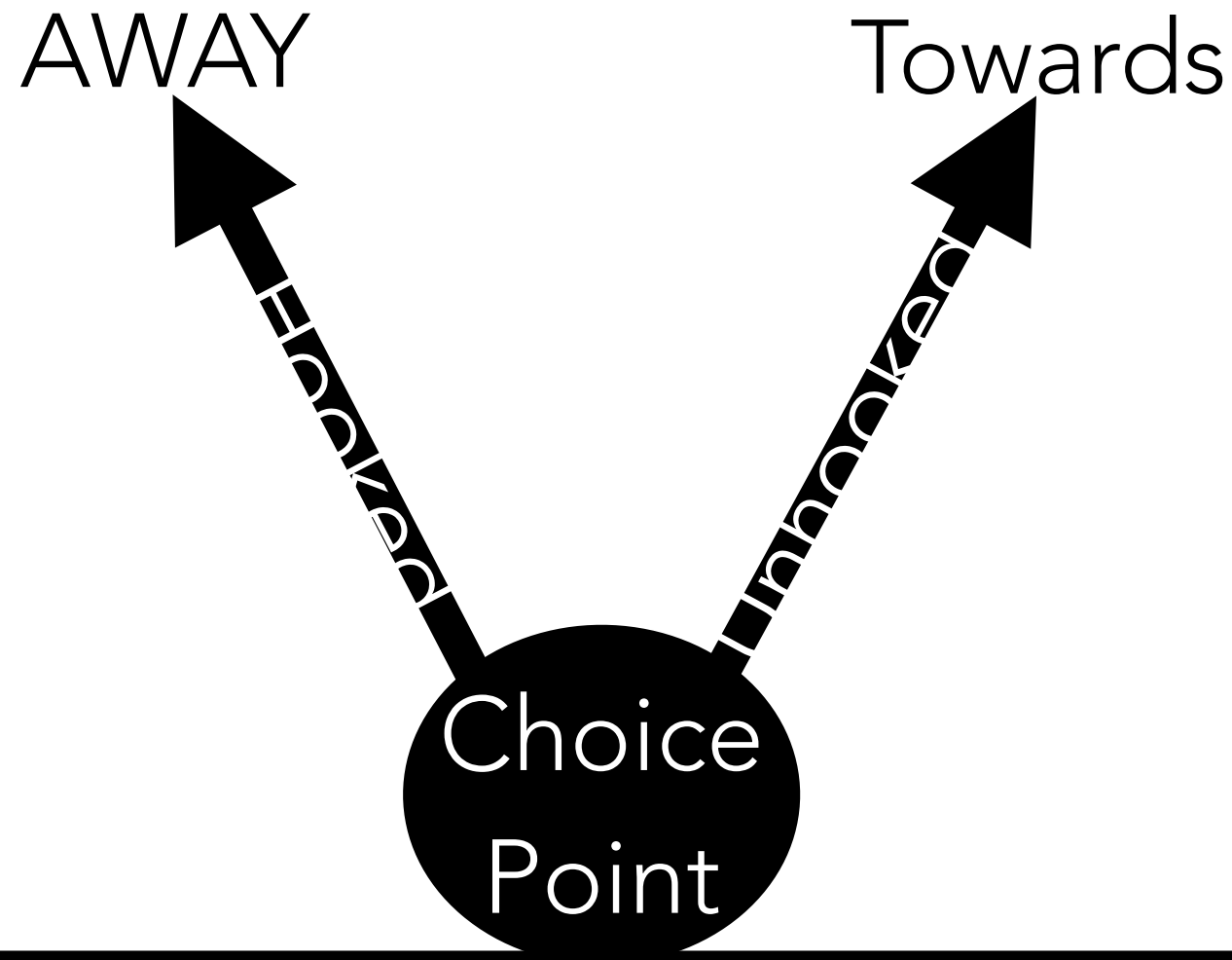
Q) What have you done to make friends & not be alone?

A) I've tried talking to people but nobody likes me. I'm ugly & boring.

Q) What are you willing to do today to get what you want?

A) I don't know, I'm so busy working 16 hour days, I can't think.

Based on those answers we can form the situation.



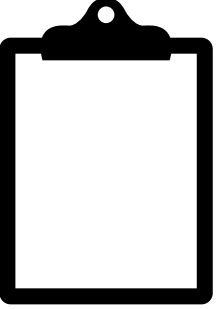
Situation

Thoughts & Feelings

*This person feels as if nobody likes him. He's lonely, feels ugly & boring and has no time to make friends because he is working long hours.*

We can dig deeper into the situation & strategies of making friends  
Those answers will likely end up on the hooked side of this tool.

## Notes

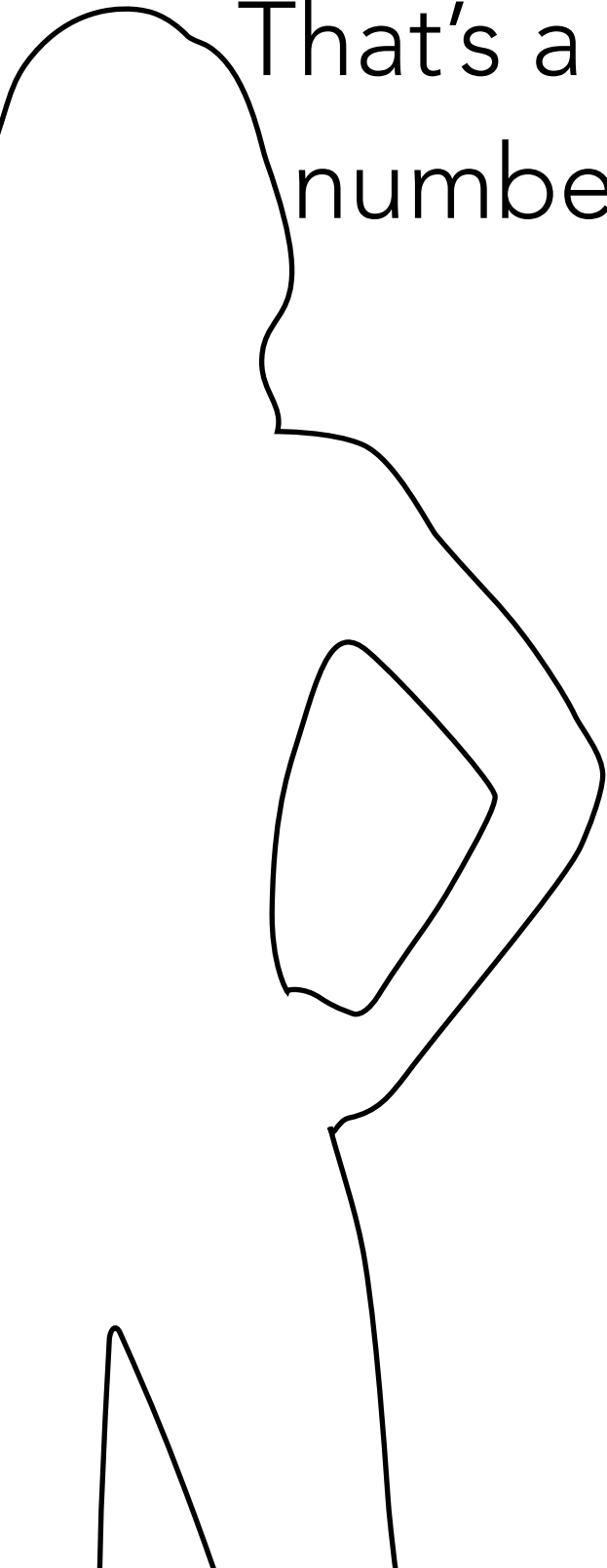


# Cognitive Fusion

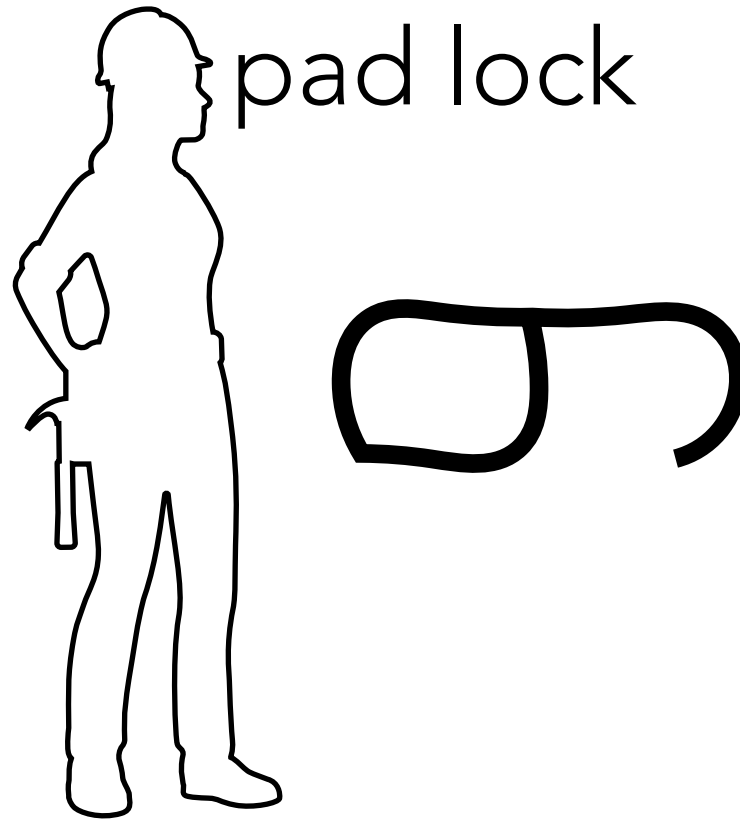
That's a Giant  
number 9



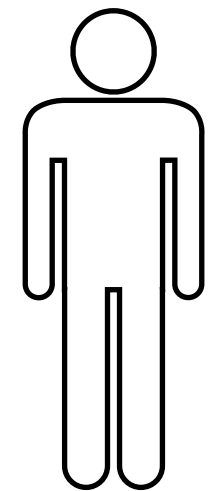
That's a thin  
number 6



That's a broken  
pad lock



That's an  
eye  
patch



During the input portion of the IPO flow we begin running what we sense through filters. Once inside our mind we compare this data with stored memories & beliefs then we mix, mash & piece together into our mind our understanding this is cognitive fusion.

Two forms come from this fusion.

1. a Choice is made impacting our physical actions. The guy who wants friends gets a general invitation to a party but since it wasn't personally addressed to him, he defaults to his belief that nobody likes him and doesn't go to the party.

2. Choice is made impacting our psychological actions. The guy who passed up on the invitation gets caught up in thinking about how nobody likes him these thoughts run over and over until he smells that he has burnt his dinner and forgotten to take his dog for a walk and now has poop and pee to clean up.

Cognitive fusion can impact physical actions & psychological/present awareness.



## Notes



# Your world in your hands

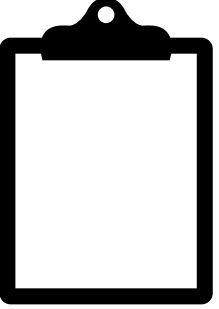
## **ACT: Activity**

Your world, in and through, your hands

Imagine that everything you love fits inside the room you are in. Your hands represent your thoughts and feelings. Open your hands to form the shape of a book. Your book of your thoughts and feelings. Slowly move your hands towards your face until they cover your eyes. Now try to look between the spaces in your fingers to see all you love. Notice that most is blocked by your hands which represent your thoughts and feelings.

Imagine what life would be like if you couldn't remove your hands. Your world would be difficult to see. How much would you miss? How would this limit you? Could you react to your world with full capacity or to the same ability as before? This blockage and limiting effect is what it's like when we are hooked. When we begin to slowly remove our hands and see more of our world this is becoming unhooked.

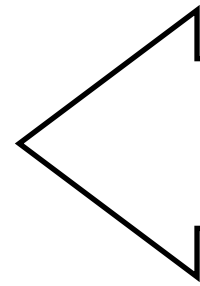
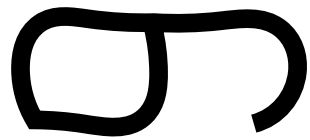
## Notes



# Fusion vs Defusion

That's a broken  
pad lock

That's a Giant  
number 9

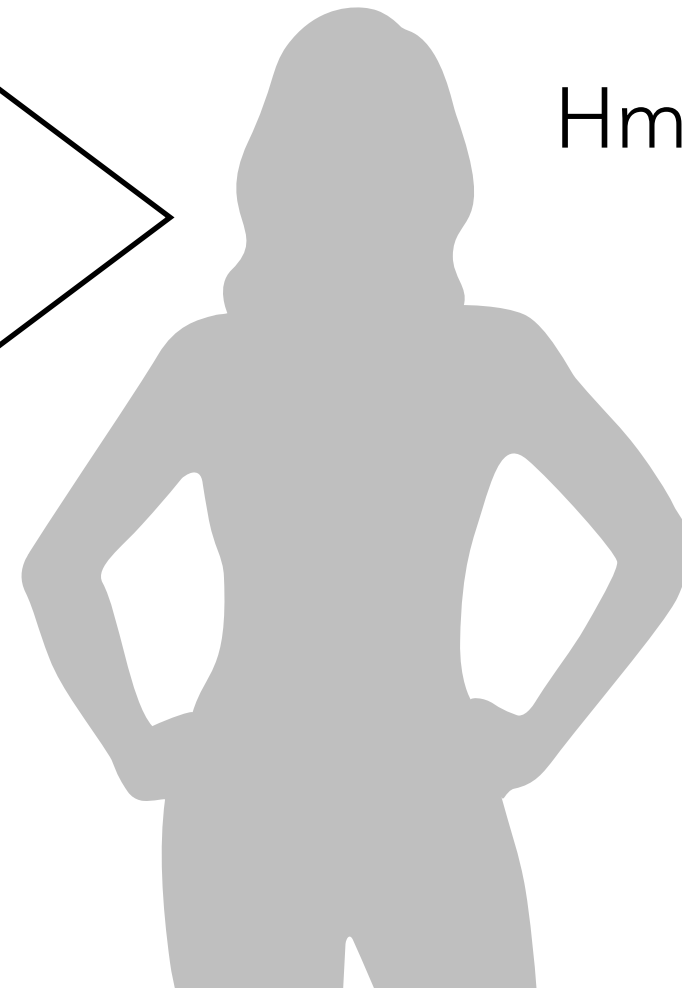


**Fusion...**

...is when get hooked into a thought, feeling or belief and we shut off our possibilities and buy into a certainty. We weave into our experience only what is seen between the gaps covered by thoughts & feelings. If you determine that the symbol is a broken pad lock, walking around it won't change your certainty. Rather than seeing a nine, like your co-worker, you'll see an upside down broken pad lock.

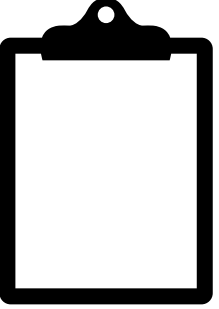
**Defusion**

Defusion is one of the six points on the ACT Hexaflex. This is what we will use to help ourselves and our clients go from point A to Point B in life.





Hmm...At first I believed it was the number six but then I used defusion...  
...that could be a nine  
or a broken pad lock  
or a eye patch  
or a caveman's cave  
or a diaper pin  
or something else


## Notes




# Workability

 = point "A"

 = point "A"

 = point "A"

Satisfaction

 = point "B"

## Workability

As a ACT practitioner or Life Coach our task is to help move ourselves and/or others from point "A" to point "B". This process is referred to as Change Work or Intervention. To get from "A" to "B" we will need a strategy to be executed and periodically evaluated for modification. A key feature of this process is determining the workability of our strategy.

Q1) what's going on? A) Life sucks!

Q2) What do you want? A) I want friends!

Q3) What DON't you want? A) I don't want to be alone!

Q4) What have you done to make friends & not be alone?

A) I've tried talking to people but nobody likes me. I'm ugly & boring.

Q5) What are you willing to do today to get what you want?

A) I don't know, I'm so busy working 16 hour days, I can't think.

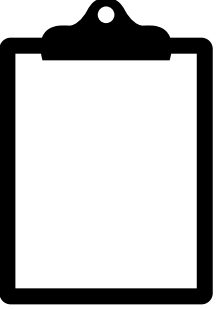
Another way to look at Workability is to look at the answers to those forth & fifth questions

Q6) Is thinking and feeling like nobody likes you and believing your are ugly & boring, helping you get friends and keeping you from feeling lonely?

Q7) Has being busy working and not having time to think, helped you to make friends or stop you from feeling lonely?

The objective here is to recognize that our **strategy** resulting from our thinking and feeling isn't workable.

## Notes





# Thoughts, Feelings, Problems

So my thoughts & feelings are wrong?



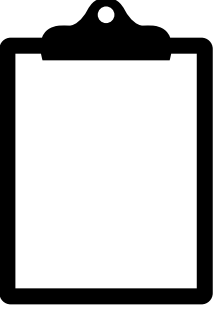
It's Important to distinguish the difference between thoughts, feelings, beliefs... from strategy.

My thoughts & feelings are the problem?

Thoughts, feelings & beliefs are normal and are not the problem.

The problem is in the strategy that creates behaviors and actions that become consequences that move us or point us away from our desire. Both the ABC's & IPO's are natural. They are not the problem. However, within our "P" processes we are running programs or strategies that don't serve us well. There're legitimate reasons for these operations to run against our better interest. They are rooted in fusion. They are 6 categories of fusion.

## Notes



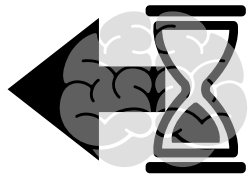


# ACT PRACTITIONER'S CERTIFICATION

## DIGGING DEEP INTO ACT

### Section 6

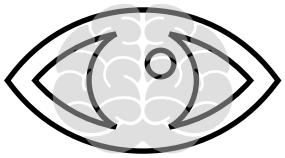
#### 6 CATEGORIES OF FUSION



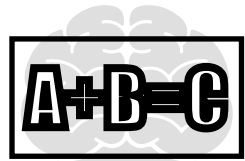
Fusion with the past: guilt, shame, regret, past idealization (things were great before \_\_\_\_), Blame & resentment



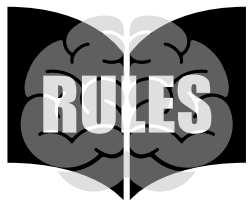
Fusion with the future: worry, hopelessness, loss, hurt, catastrophizing, rejection, projected failure.



Fusion with self concept. I am ugly, I am worthless, or I am always right, I know everything, or I am meant to be lonely



Fusion with reasoning. I tried once, it failed, it will never work. Other's says so, it must be so. I can't do "X" because ...

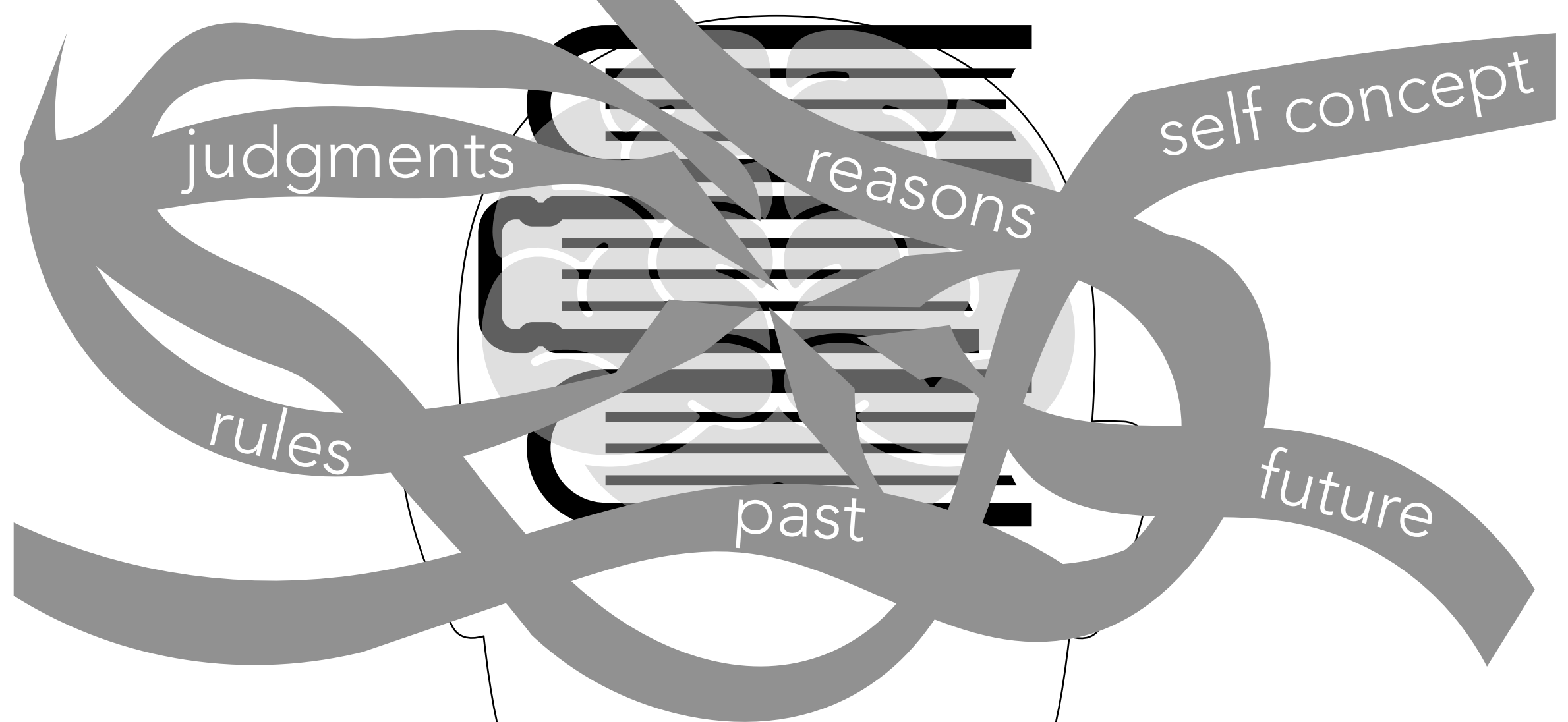


Fusion with rules. I mustn't make mistakes. I need to be perfect. They must change before I do. I can't do, when \_\_\_\_.



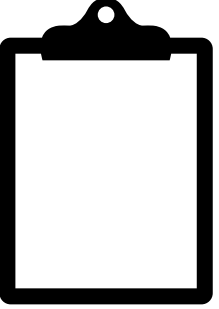
Fusion with Judgement. Judgement about tomorrow and/or yesterday. About self & others. About thoughts and feelings. About our behavior, our life, our body. About place, people, objects, events and about anything & everything else.

These represent the 6 main Fusion Categories



All 6 of these types of fusions tend to weave together creating a deep thick wooded zone of inner experience. We bring fusions into life with our internal dialog or self narrative. The complexity creates such depth that it makes our narrative create feelings and additional thoughts, just like when we read an interesting book or watch a great TV show.

## Notes



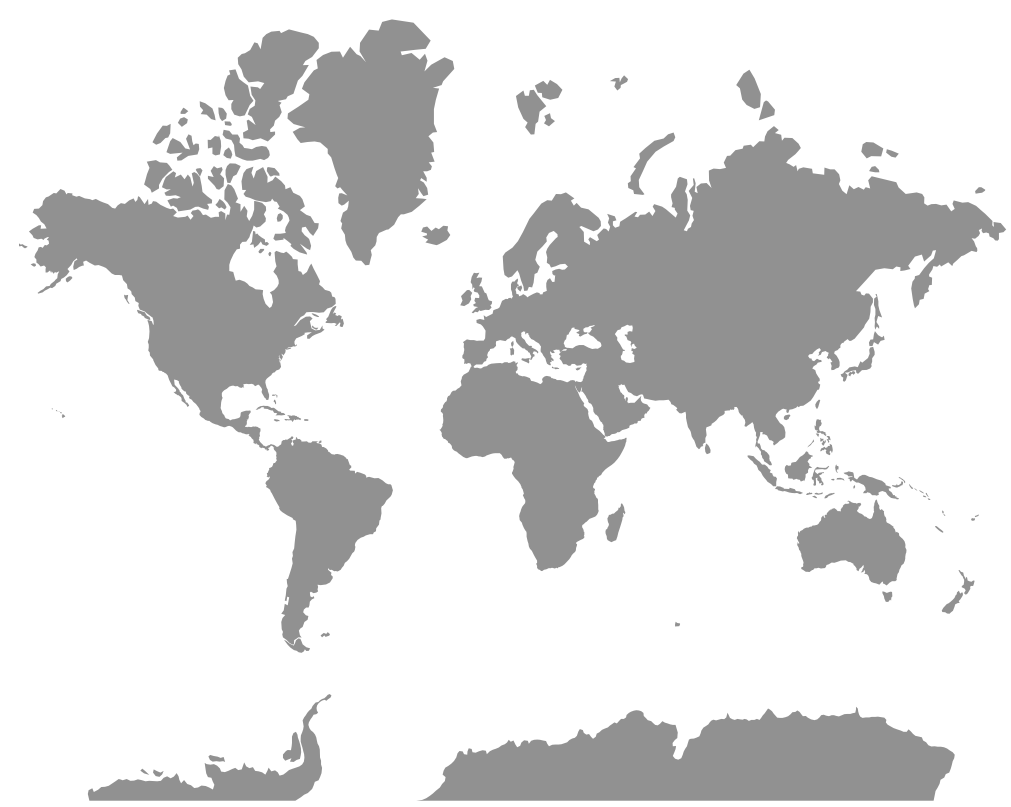
# Experiential Avoidance

In the lesson called "Autonomy Initiative v Guilt Shame" we made reference to Experiential Avoidance



The brain and the mind work together creating meaning of our experiences. Like a calculator helps us solve mathematical problems, our mind with our brain is solving life problems.

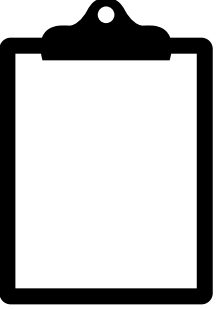
Outer world problems are easier to resolve versus inner world problems or at least this is the way humans have been trained to think. Our education systems prepares us for outer (real world) experiencing. They do not prepare us for our inner world experiencing. The proof of this is seen in a variety of behaviors. We all want to enter relationships wanting them to go well, yet 1/2 of all marriages end in divorce. We all want to be healthy yet 3 of 4 people are overweight, obese or morbidly obese. Thousands of rehab centers are filled with people trying to recover from addictions.



In fact, even pandemics are the result of behavior that are a combination of dealing with outer (real world) issues & inner issues like our need to eat.

Our efforts to be optimal at solving outer (real world) issues are stymied by our ignorance to resolving inner world issues. Experiential Avoidance is any activity that keeps us from dealing with the experience that is required to move towards what is truly best for each and all of us. When stress comes up we want relief from it. Pain and suffering are pushed off through numbing & distraction tactics that over time cause those negative feelings to grow until we reach a breaking point. A person using drugs or alcohol will at some point overdose or over do it and harm themselves and/or others.

## Notes





# Acceptance v Avoidance

Acceptance



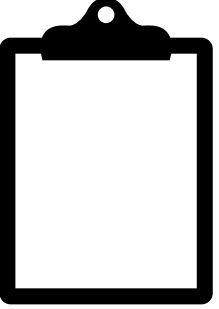
Avoidance

Experiential Avoidance (EA) isn't all bad. There are some experiences we need to avoid. Like the experience of falling from the top of a skyscraper without a parachute or safety net. The mind looks for danger and sends fear like signals to us so we avoid certain experiences. However, some of these signals are serving us poorly. Those that lead us into addiction are not serving us well. Acceptance of this, as a natural protective process, is just as important as recognizing that sometimes EA isn't serving us well.

“One major point. EA is ok when it/they assist you in helping you live your values, obtain your long-term goals, free you from dependency, promotes empowerment and grows Life Mastery”

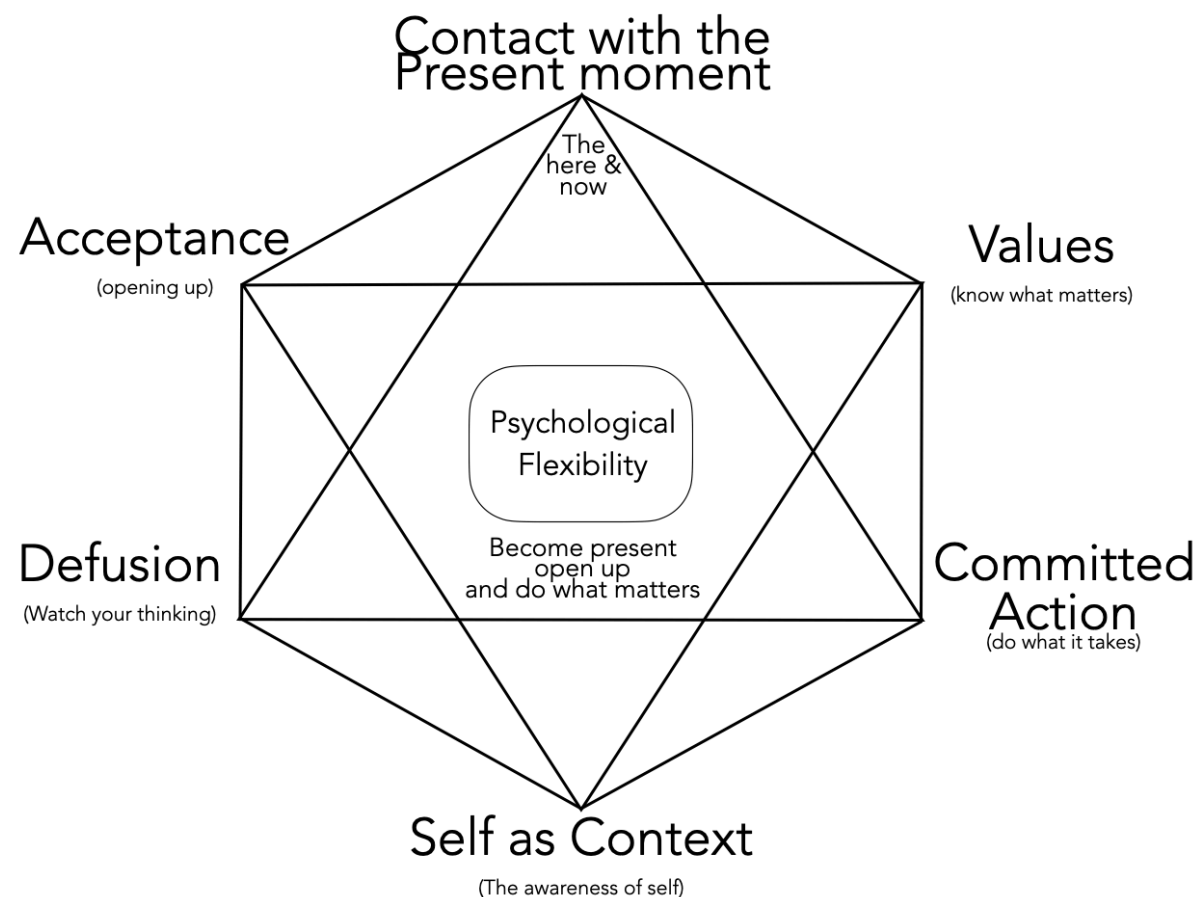
STAR FAMILY COACHING

## Notes



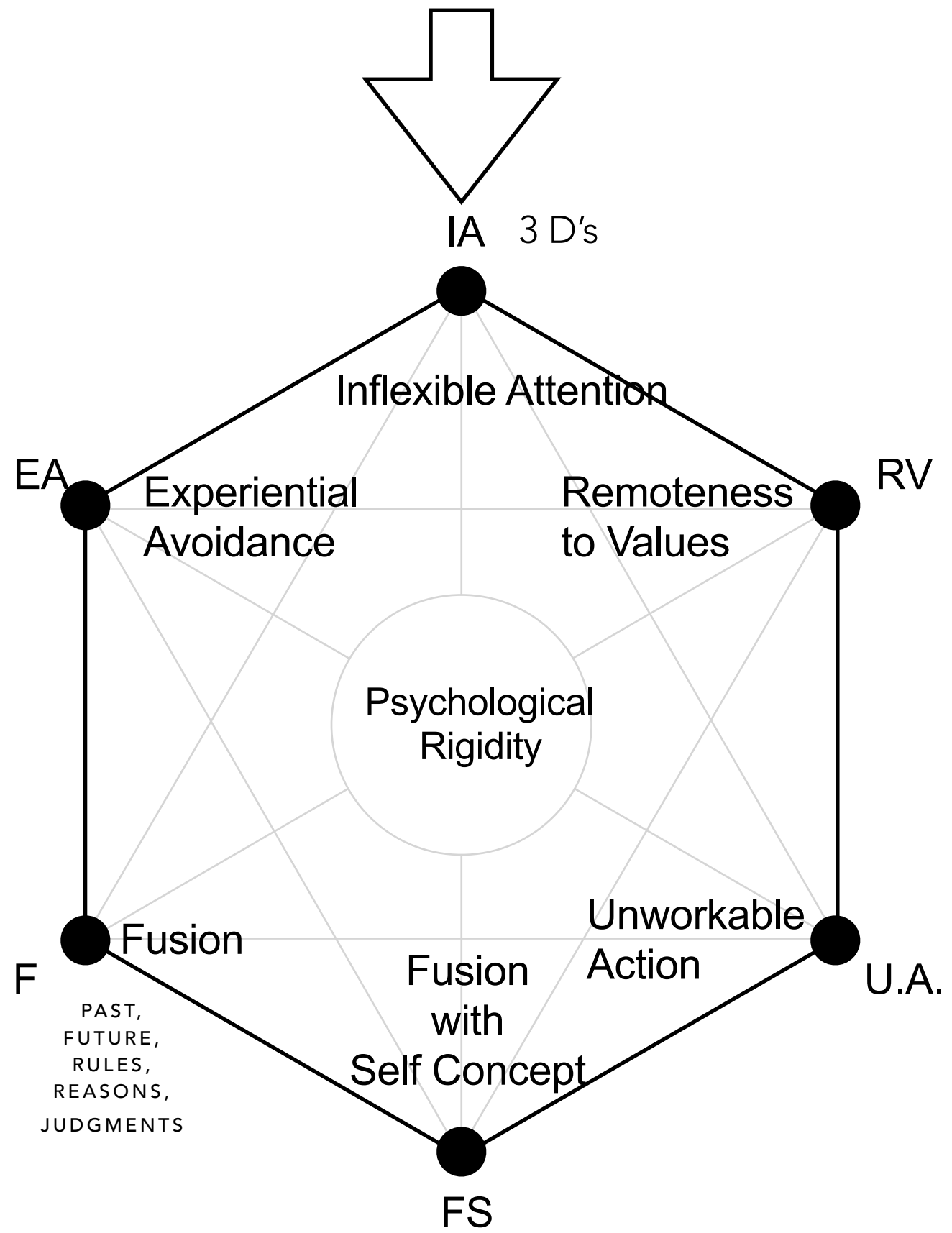
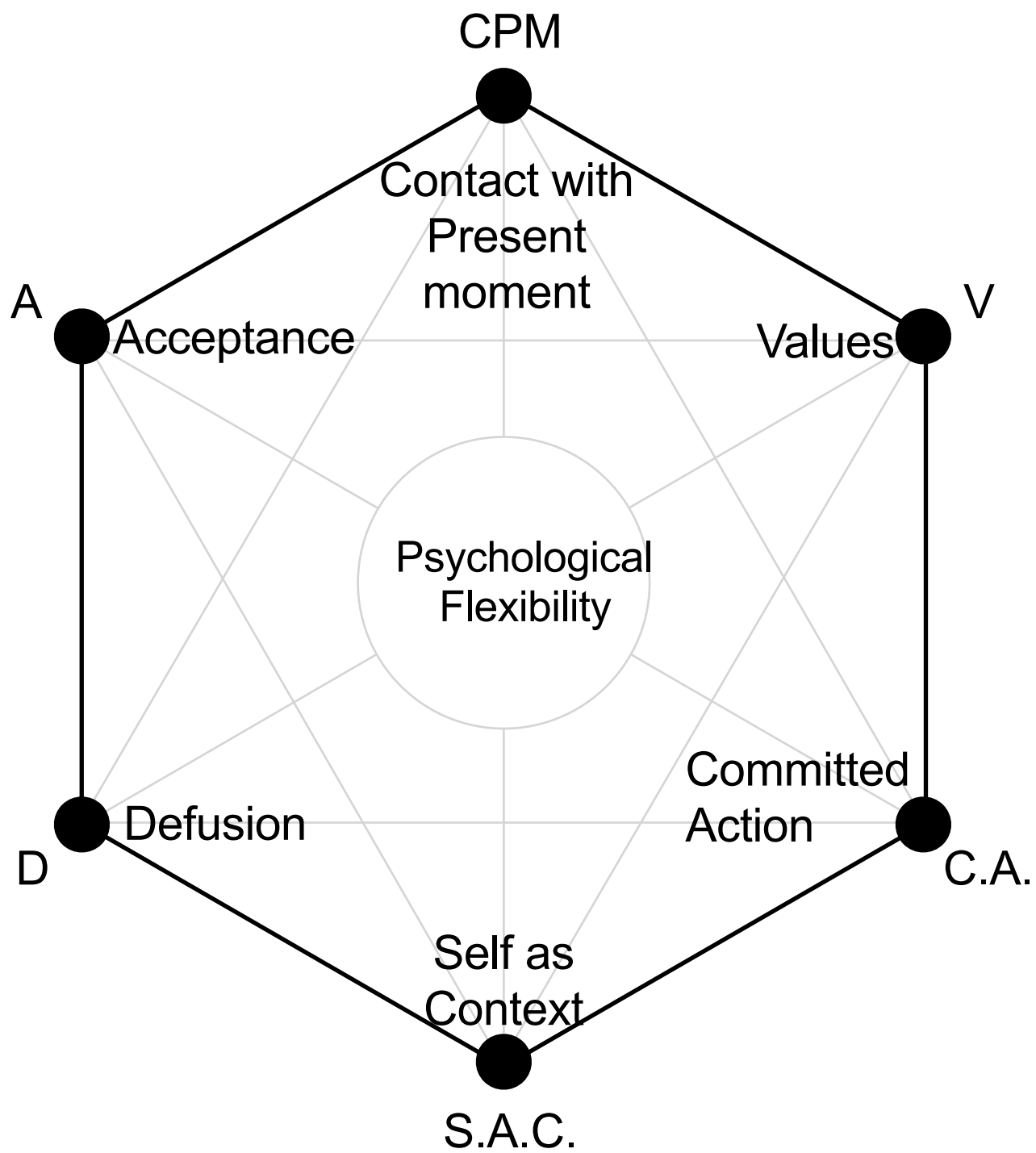
# 6 core paths

6 core paths: this is short for 6 core pathological processes of Psychological rigidity.

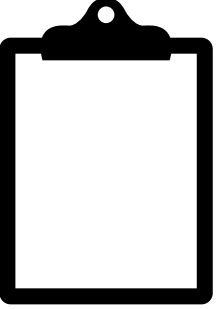


In essence we are referring to the opposite of ideal. Ideal is to be psychologically flexible.

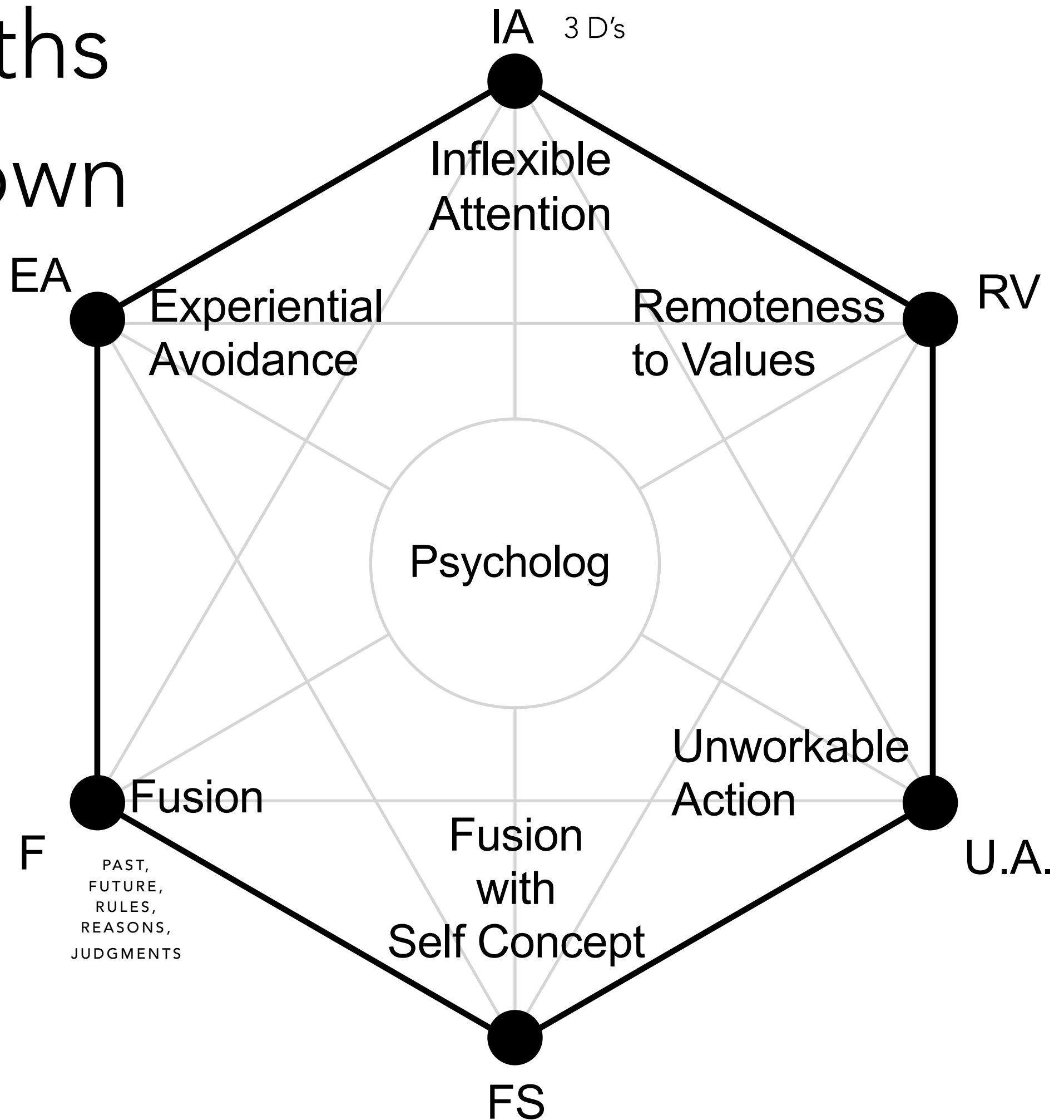
However, Cognitive Fusion and Mindset often create a disconnect from one or more point of the hexiflex of psychological flexibility. The pathologies are: Inflexible attention, Remoteness from values, Unworkable Action, Fusion with self concept, Experiential Avoidance, Fusion in general



## Notes



# 6 core paths broken down



- Inflexible Attention

Three D's: Distractibility & Disengagement are levels of focusing and attention on task, activities or thoughts. Becoming present requires being able to not become distracted and really paying attention to your task in a sustainable fashion. Wandering minds are disengaged minds. Disconnection: is your level of self awareness.

- Remoteness from values

ACT is action oriented. We all are motivated by something. Often fusion, mindset, experiential avoidance and unclear values are running our operatives. We behave as valueless. The saying "That person seems to have lost their way" or "They have lost their moral compass" this is due to remoteness of values. Living life without them.

- Unworkable Action

These are the behaviors and actions that move us away from our bullseye (desire). They can be things that move us from becoming defused or away from acceptance or away from grounding or away from our values. The term means our actions are unworkable for success or accomplishment of our desire or goals in life.

- Fusion with Self Concept

Our ego tells us a story through internal dialog that creates a character to star in the narration we've created of our life's experience. This "who we are" character is our self concept. When we accept these stories as truth we are fused. For example, "I'm ugly" can become your self concept. "I'm a bad parent" can be your self concept.

- Fusion

When our thoughts dominate our awareness, our behavior that leads to moving us away from our Bullseye or desire. When our actions lead us towards continuous dissatisfaction. When we run one, some or all of the six categories of fusion, the results are we get stuck, stay busy yet go nowhere in life or feel emotionally doomed.

- Experiential Avoidance

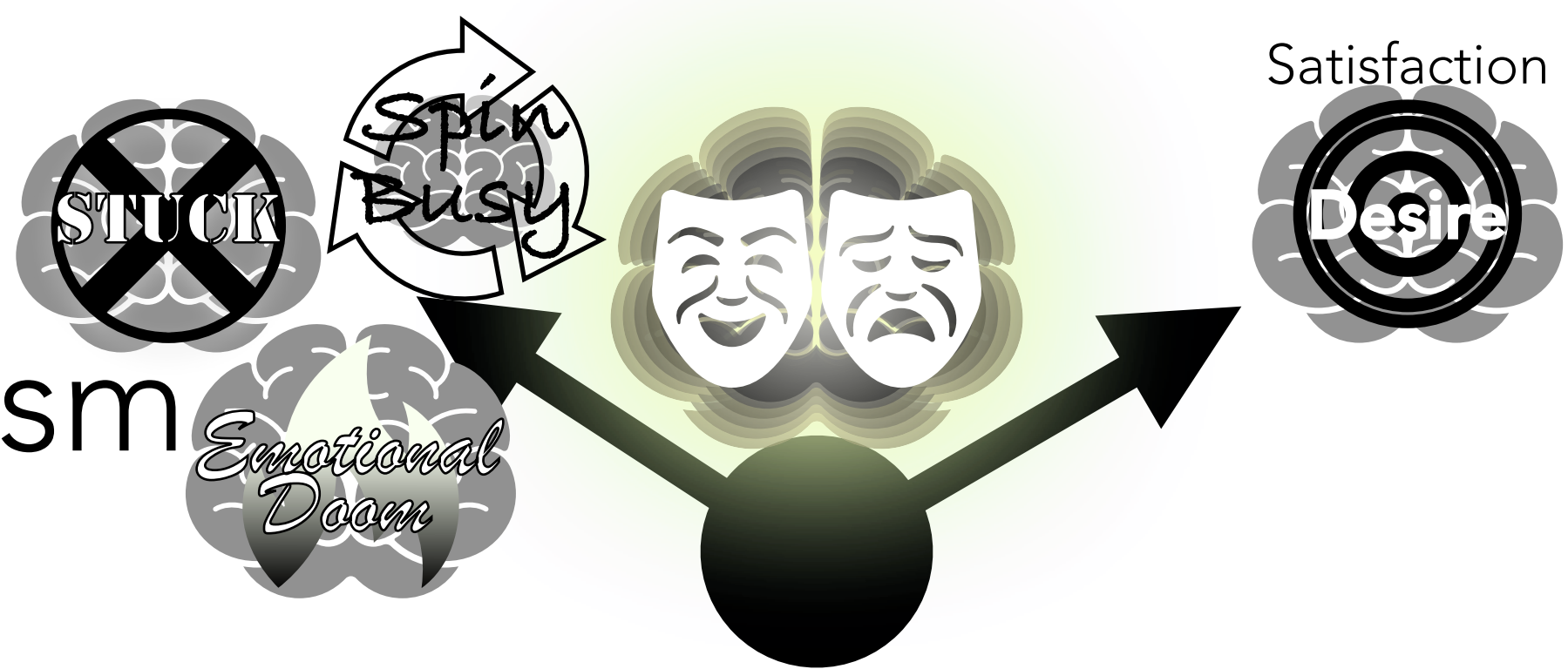
Not allowing for the full truth of our experiences to be revealed because we avoid potential discomfort, pain and difficult work to be experienced. The non-acknowledgment of our thoughts and feelings. Not Allowing nor accommodating our feelings, emotions, thinking patterns and thoughts to be fully explored and experienced.



## Notes

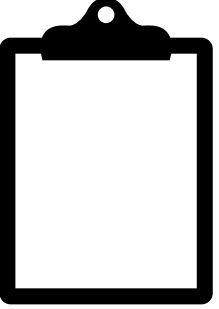


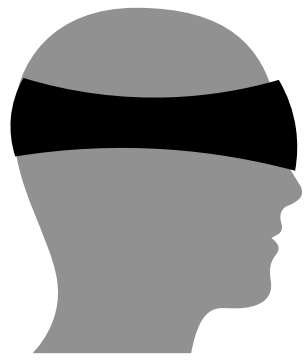
# Functional Contextualism



Functional Contextualism is just a technical way of looking at our behavior ( in particular those moving us away from our bullseye ) in an abstract/ objective way. For what purpose are these actions serving? Since we know these things are moving us away from the bullseye, we now want to understand why the choice is made to behave against our goal. More specifically we want see these actions as strategies. And we want to consider other strategies. Others that might move us towards the bullseye. All strategies executed provide a payoff. Like a mini-bullseye. Generally these behaviors that help us avoid pain, relief or give us temporary pleasure. In the case with the guy who wants friends, his staying busy keeps him away from being vulnerable to rejection. So staying busy keeps him from this projected fear.

## Notes





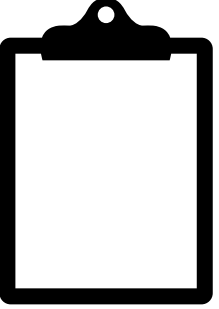
Bullseye blindness: refers to one's choice to wear a blindfold or act as if they are wearing a blindfold preventing them from connecting to their "bullseye".

Note: the choice to remain blind to your desire or satisfaction goals may be sub-conscious or conscious.

This is another way of looking at cognitive pathologies that are keeping us hooked or moving us away from what we need and want in the grand scheme of things.

When we begin practicing ACT, it is a top priority to determine the Bullseye blindness that is occurring. ACT is action oriented so if you use the blindfold or "the world in your hands" metaphor you can recognize that everything you are doing, feeling, and thinking is one of many options available. You can become aware of the pathologies keeping you from your bullseye, the blindfold or hands over your face, and you can realize that your experience is real but with limits. Removing the blindfold reveals more options and more truth.

## Notes



# Behavior Context

We are going to look at what influences our behavior

Behavior is our way of responding to our inner and outer environments. Our behavior begins as reactive. Meaning from the beginning of our human voyage as babies we react to our inner and outer environments. Later we learn to respond through internal reward and consequences experiences and external conditioning. As we begin to understand our behavior we need to become aware of Behavior context. In My course "Behavior Hack Understanding Kids" I provided parents/students with a check list to assist parents in helping them hack their child's behavior code. This list is on the following page. This list applies to all humans not just kids. So the next time you are behaving run through this check list to see if it might just be one of the reasons listed rather than just concluding that it's a pathology. Its when we discover patterns to a behavior that isn't serving us well that we would make it a candidate for functional analysis.

# Behavior is a physiological/mental/emotional expression

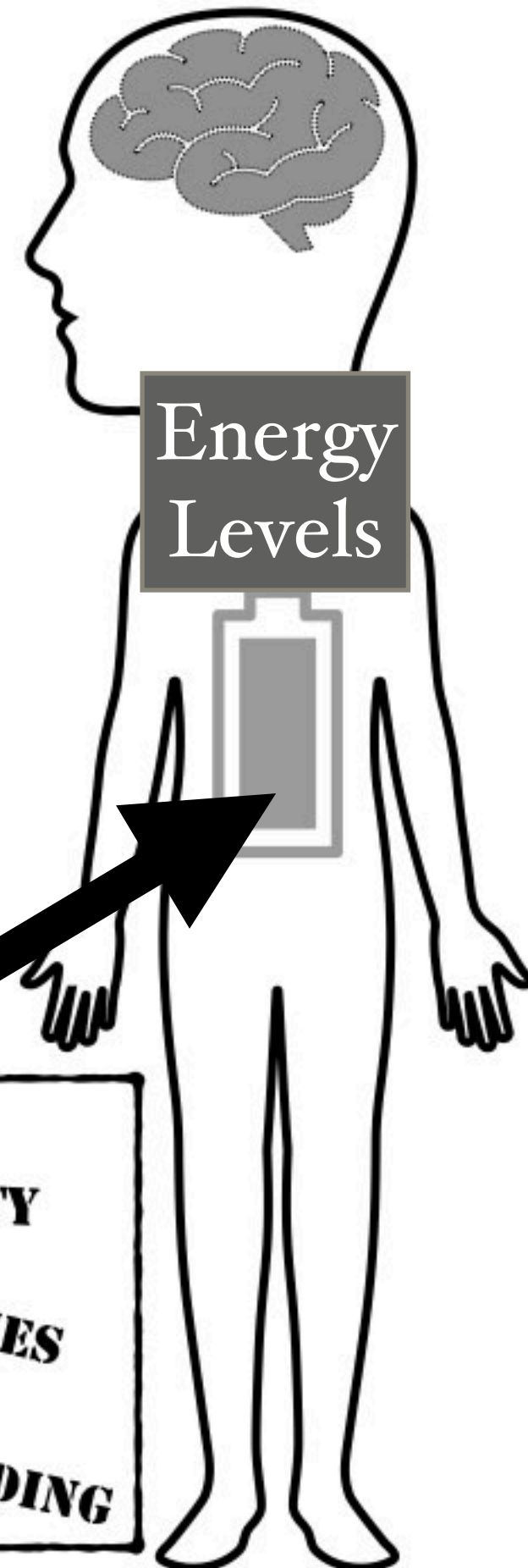
Why do  
children  
Misbehave?

## Check List

- Energy levels
- Physiological needs
- Thoughts/Feelings
- Psychological needs
- Dev. Stage Transition
- Reflex/sensation/emotion/fear
- React/imprinted
- Response/Condition
- Health Physical/mental/emotional
- Motivation/Drive



Behavior is the result of experience entering the mind and/or a byproduct of what is going on in the mind and/or body/brain that results in an outward reaction or response to the given situation



Energy  
Levels

Possible causes

TRUST

FIDELITY

COMPETENCY

BOUNDARIES

POWER

LOVE/BELONGING

JUSTICE

UNDERSTANDING

SUGAR

REST



## Notes

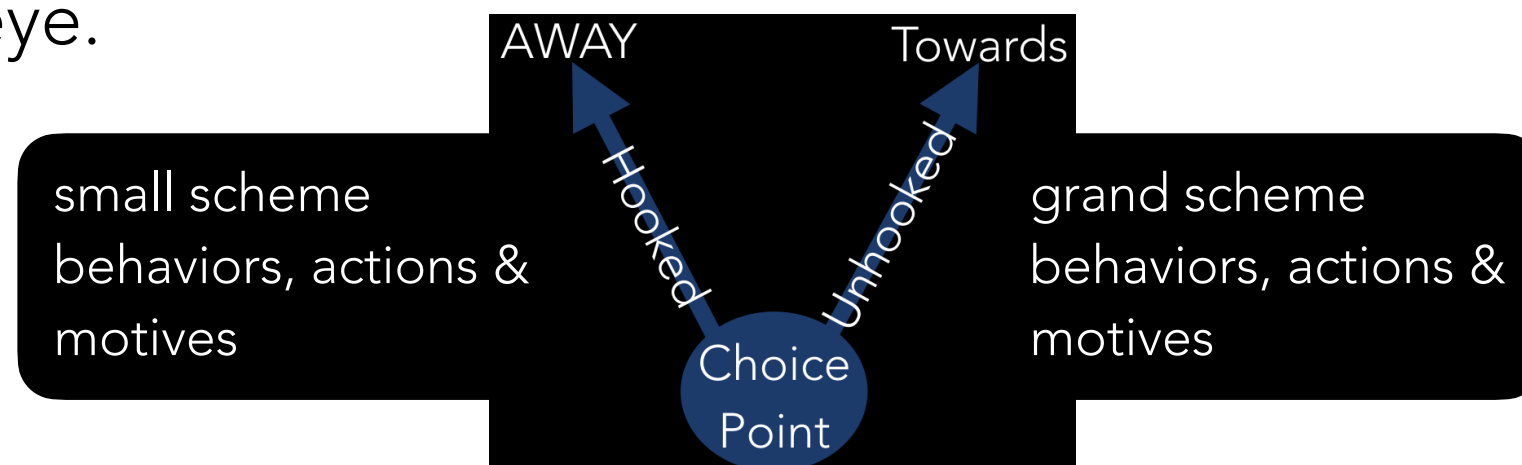




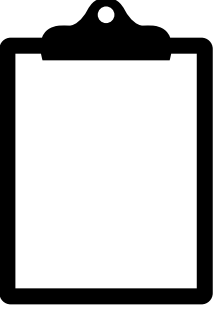
# Behavior Scheme



Several times each day we face choices that addresses schemes. Eat that doughnut because it taste great and the sugar will lift me energetically for twenty minutes or skip it and remain on my healthy lifestyle of living. Each choice supports a scheme. Short term or immediate gratification versus long term delayed satisfaction. The short term gratification scheme tends to line up on the Away arrow on the Choice point. While the scheme of long term delayed satisfaction represents the towards arrow. The term grand scheme is the bigger goal, the bullseye.



## Notes



# Functional Analysis

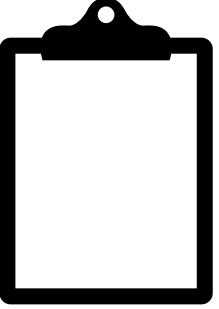
Functional analysis is a process to discover the payoff of our behaviors. What benefit is received from achieving small schemes? And what is the cost?



Behaviors come with payoffs at a cost. We need to examine both the payoffs and the cost of our behaviors.

When behaviors lessen or stop its usually due to an internal assets liability check. If the cost is greater than the benefit the behavior goes away. The technical term for this is "punishing consequences". When behavior increases or maintains the benefit is equal or greater than the cost. This term is called "reinforcing consequences"

## Notes



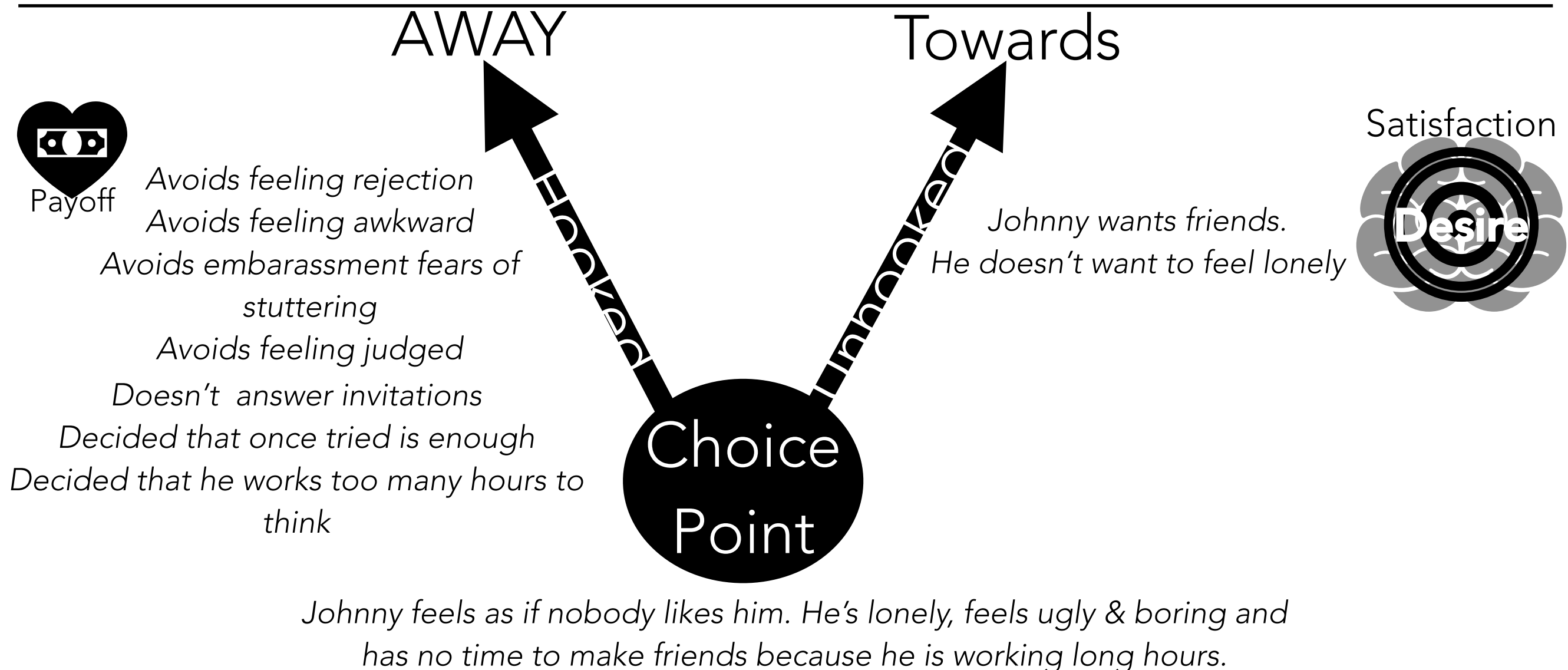
# ACT work Mapping

Remember the ABC's & IPO's?

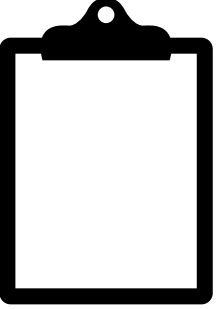
The A (of abc's) = Antecedents and I & P (of IPO's) = Inputs and Processes.

Using the CP tool we can ask our "Skilled Helper" Questions

As we map out the responses to our questions we want to look at the Antecedents and the inputs and processes happening prior to behavior.



## Notes



# Assets & Liabilities

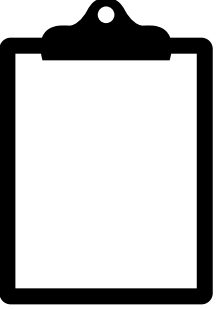
On the Assets side list the grand scheme benefits, those things moving you closer towards your bullseye. Good thinking, good behaviors and actions. Good strategies.

Assets	Liabilities
Hmmm	

List behaviors, activities, and strategies that you can't figure if they belong in Assets or Liabilities.

On the Liabilities side list the cost, things moving you away from your bullseye. Unworkable thinking, and small scheme behaviors and actions. ineffective Bullseye strategies.

## Notes





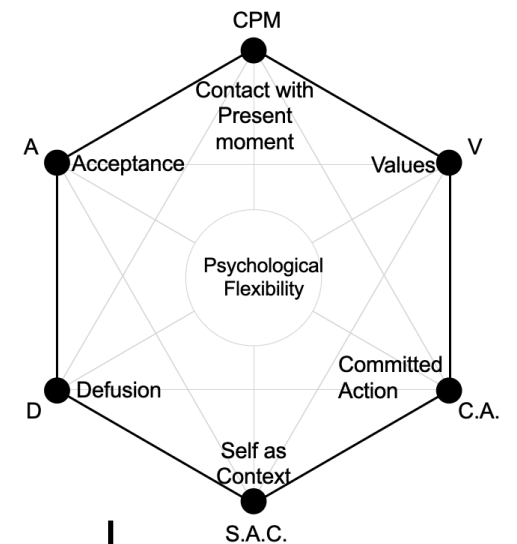
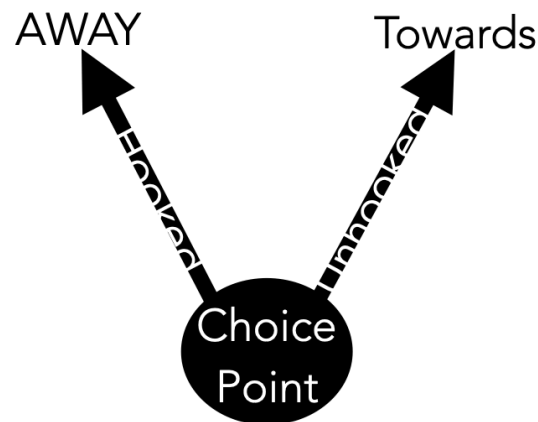





# ACT PRACTITIONER'S CERTIFICATION

## TIGHTENING UP ACT

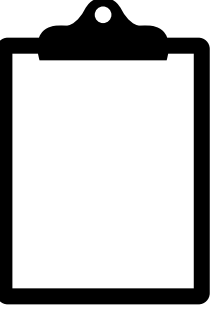
### Section 7

#### THE KNOW OF ACT FLOW



Above we have our ACT tools. The hexiflex is our desired psychological function. The Choice point tool will help us recognize the actions, behaviors, that are moving us towards and away from our bullseye. The question will always be, "Where do we start?" We start with what drove us to ACT in the first place. Generally its one of these three:    1. Stress, anxiety, worry, or some sort of negative emotion referred to as emotional doom. 2. Stuck, can't find solutions, or answers which could lead you to emotional doom. 3. Busy doing but not getting anywhere in life. You might be accomplishing things but over time you're left feeling dissatisfied.

## Notes



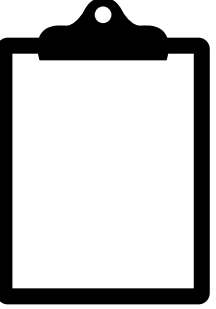
# Bullseye time in ACT Flow



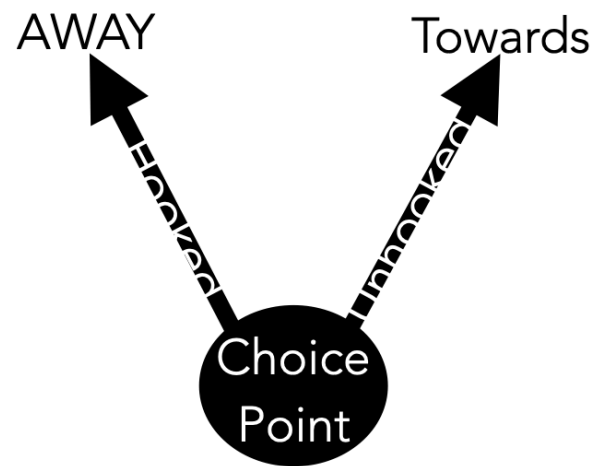
We need to know what we want and what we don't want. Interestingly enough the answers to these questions might not be accurate. The reason is that our pathologies may be interfering with what really deeply matters to us. We might be so hooked that it have impacted what we want. This is why we need to know what we don't want as well for better clarity. Often times what we don't want doesn't match what we want. When this happens we will need to FLOW through ACT several times to resolve the real issue. If we have a match we are more likely to be accurate with our bullseye. Still, we shouldn't expect that what we first see as our bullseye is what we deeply need and want. So let's see this as Starting point. And that is a key understanding. Getting started!

We need a starting point even if the point we are aiming for isn't our true bullseye.

## Notes

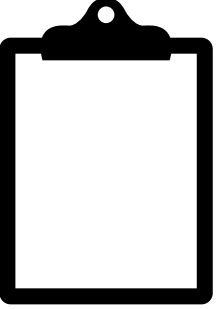


# Finding hooked in ACT Flow

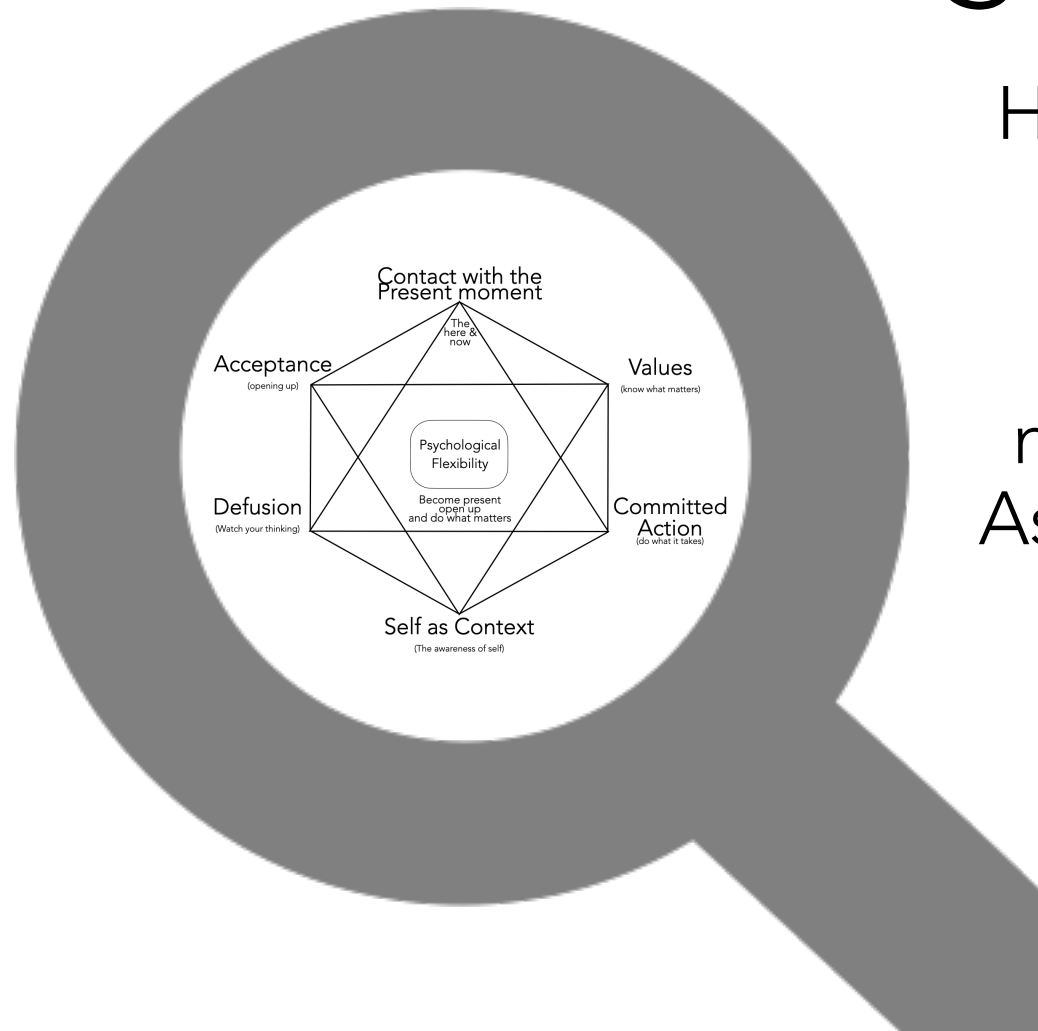


Now we want to look at a specific situation, feeling or thought associated with our bullseye. "I want to be a good parent" or "I want to have friends", these are the examples we used before. The next questions will help us find out about strategies. What have you done and/or are doing to accomplish your bullseye? What are you willing to do today to help you accomplish your bullseye? These questions will give you the strategies being used as well as pain points. Anything pushing pulling or moving us away we will considered as Hooked.

## Notes



# Examining hooked in ACT Flow



Here the detective in us goes to work. We examine the hooked strategies and compare them to the hexiflex to find psychological rigidity which may include one or more pathologies. Bring all your notes and resources together. The notes from your Assets and Liabilities can get you started. Anything on the Liabilities or the Hmm list will not become yes answer to the questions below.

Are we connected with the present moment? Are we operating by our core values? Are our actions committed ones, done with purpose? Are we seeing ourselves beyond the subjective experience? Are we practicing the art of defusion to allow for greater options delivered by perspective based understanding? Are we opening up and accepting our feelings, thoughts and consequences?

If we are completely honest we will find the area/s we need to work on to be more psychologically flexible.

Often times just asking these questions forces the mind to reorganize into more psychological flexibility. If we can be open and practice the three A's of Acceptance, go through the Egan & SFC questions, and use the hexiflex as a guide to become more psychologically flexible then we become more empowered setting the stage for us to become masters of life.



## Notes



# Deeper in ACT Flow



ACT has a flow to it.

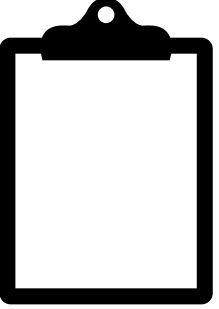
ACT can be a very simple system of method change.

ACT can be used to help when resolution isn't a simple exposure followed by an "aah haa" moment where everything makes sense and change happens quickly.

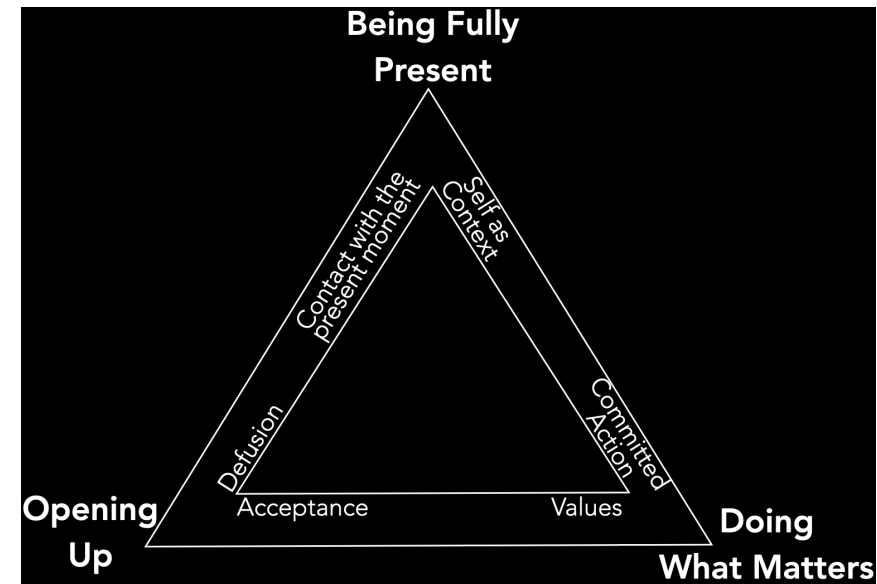
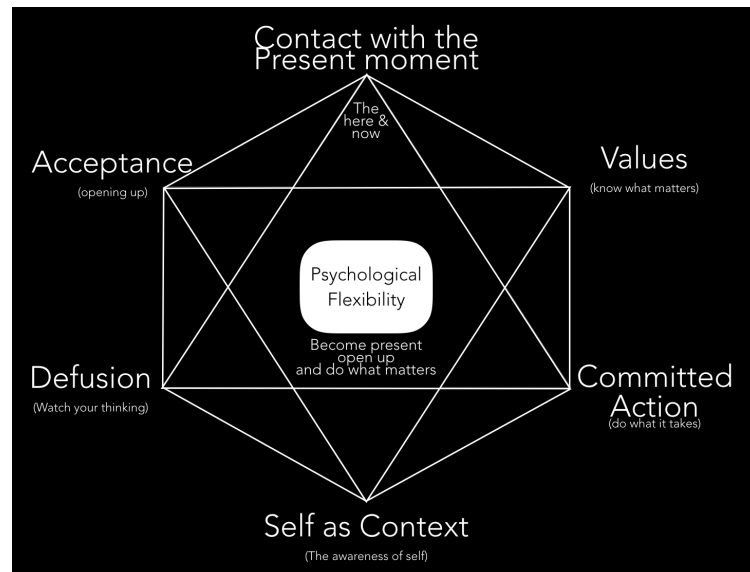
ACT can be used to go deeply into very complex issues where there are heavy fusions and major psychological rigidity occurring. ACT has additional techniques. In fact so many that it can seem overwhelming making it difficult to choose which technique to use.

This course has focused on ACT for personal practitioner usage and for basic helping of others. The Advanced course focuses more on helping others and the Coach Client relationship. The Master Course brings in a vast array of ACT techniques to provide Practitioners and Coaches the full assortment of choices designed to bring people back into psychological flexibility.

## Notes



# Hexaflex the guide



1. CPM 2. SAC

3. A 4. D 5. V

6. C.A.

Mindfulness  
Methods

Intervention  
Change Work

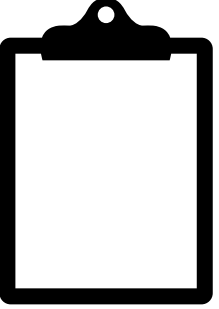
Growth

Being Fully  
Present

Opening Up

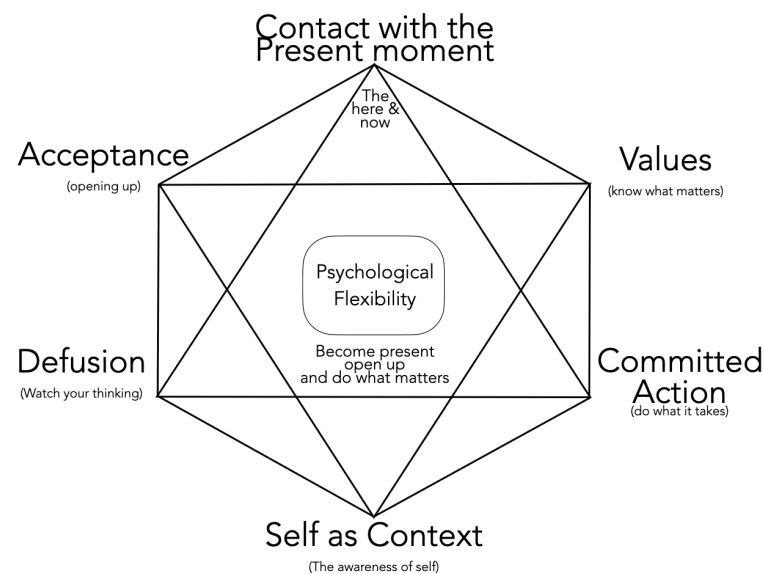
Doing What  
Matters

## Notes



# Using the Hexaflex as a guide

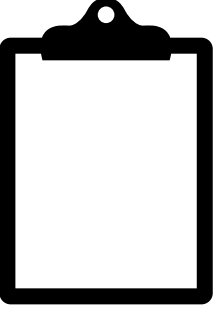
## Lets Begin with Acceptance



The 3 A's of acceptance are: Acknowledge, Allow, and Accommodate. When we get stuck or spin busy, we end up with emotional doom. Those of us that are stuck and can't think are way out, may experience a sudden explosion of emotion aka a panic attack.

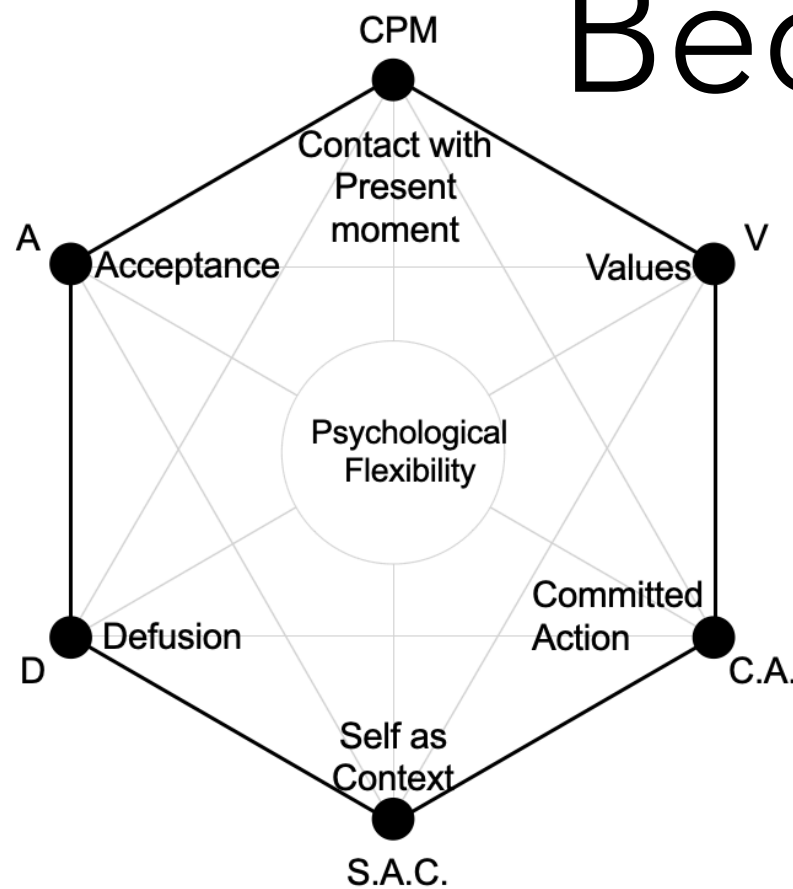
Those of us spinning busy, getting nowhere, may feel depressed or experience bouts of anger. Those in emotional doom will have mood swings. These are some of the ways we get to the point where we need help. ACT reminds us that we are emotional human beings. Emotion is our first and most universal language. When we suppress, dismiss or avoid our feelings, we are incongruent with our human design. So we must accept our feelings and thoughts as part of our design just as our lungs are needed to breath, our emotions, feelings, thinking ways, and thoughts make us human. We must **A**cknowledge them and **A**llow them to happen. However we need them to work for us and not against us. So we must **A**ccommodate them as such.

## Notes



# Becoming Present

## Contact with the present moment



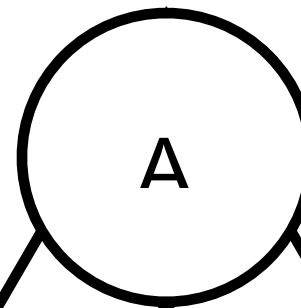
Breathe deep. As you do this, count to 4 while fully filling your lungs. Hold for a count of 7. Exhale, for a count of 8. Repeat several times. This general formula starts a form of grounding. Use your preferred "Contact with the present moment" method/s.

Drawing circles, walking in patterns, chanting a mantra, playing and listening to Song bowls or drumming are all methods to bring your mind into the present. ACT offers a variety and is open to all mindfulness practices that will help you and/or your client center the mind. The change work process begins at this point on the hexaflex. And as we move from point to point we may return here often to get back to a centered mind state. Once we get relaxed and mind centered we can use the ACT triflex to move our mind into an objective space. We want to sense ourself as a human sensing the world, processing the world, behaving in the world. Being aware of self as context.



The 3 functional  
units of  
Psychological  
Flexibility

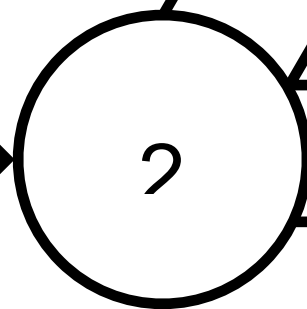
Being Fully Present



Contact with Present Moment

Self As Context

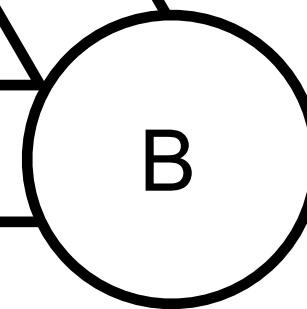
1. Be Present
2. Open Up
3. Do what matters



Acceptance

Defusion

Opening Up

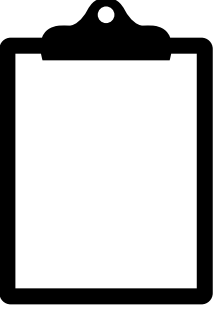


Values

Committed  
Action

Doing What Matters

## Notes



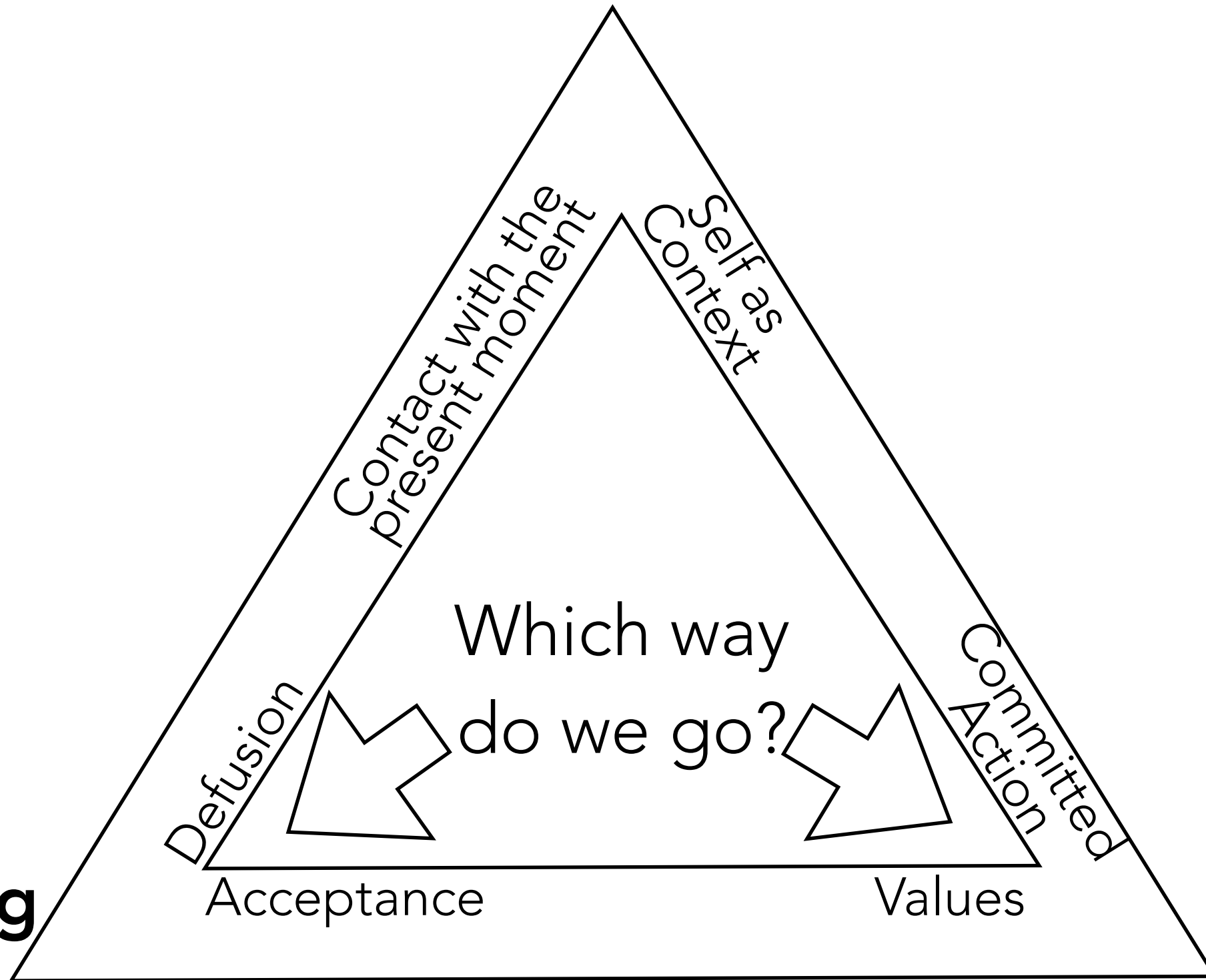
# Opening UP or Doing what matters

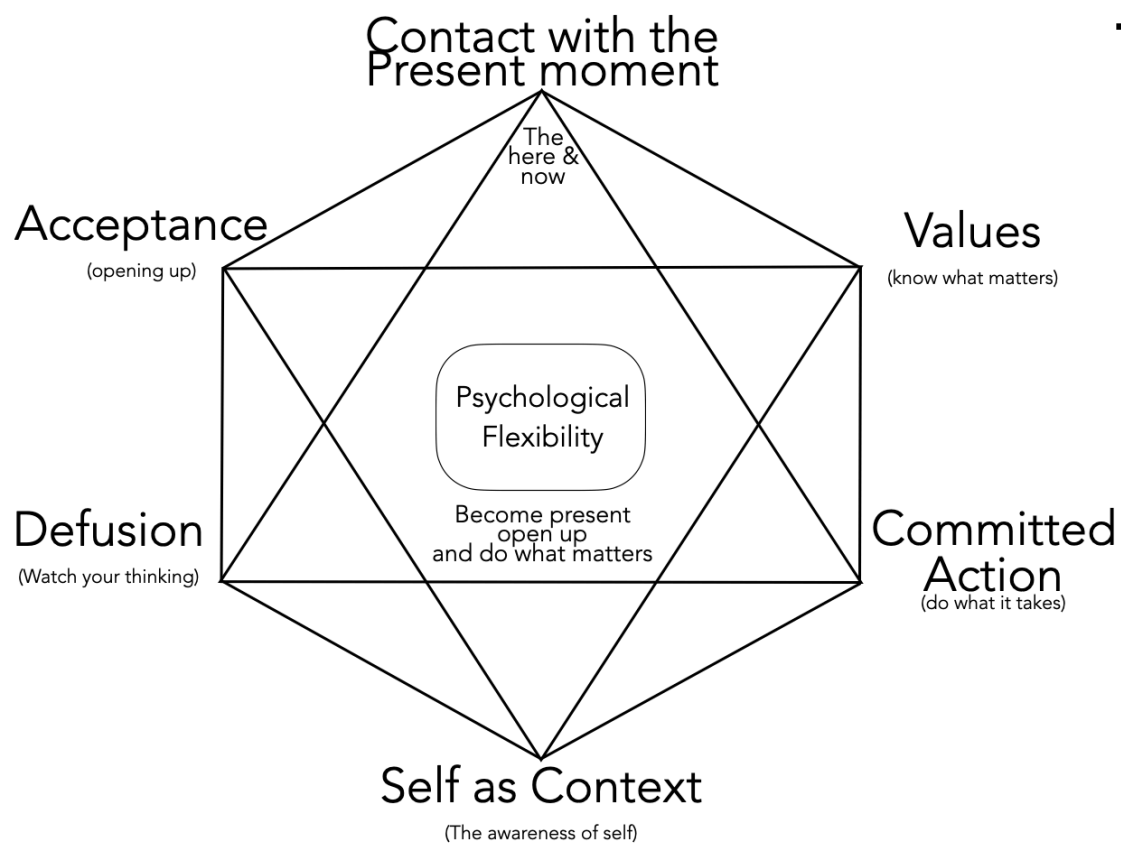
**Being Fully**

**Present**

**Opening  
Up**

**Doing  
What Matters**



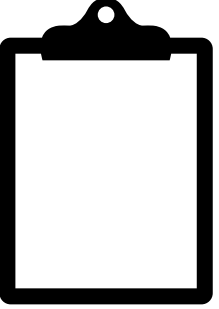


That choice really depends on...

Where you are at in the process and where your psychological rigidities are located. If you are rock solid on your core values and are willing to take the necessary committed action then go to Opening up.

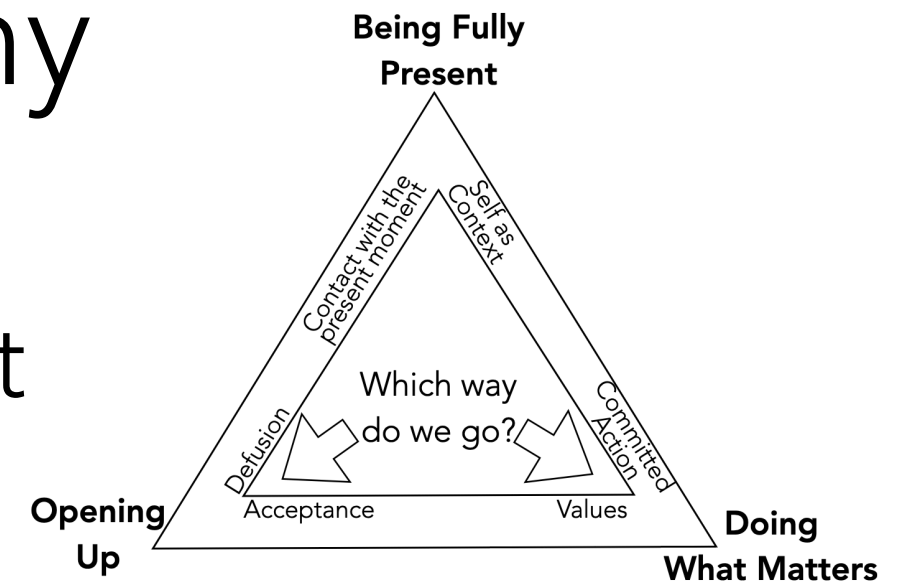
When we are doing this for the first time we will generally move to Opening Up after being present. Opening Up takes us through the Triple A's of Acceptance. It makes it easier to work on Defusion. Once we are no longer rigid and we accept the many options available to us, we will be ready to look at our values. If we are already accepting easily and are watching our thinking (defused) then shifting our focus on to knowing what matters comes next. A deep review and exploration into values. Placing them into an order. Then creating a plan perhaps with a Life coaching model like SMART and developing an action plan with timeline goals.

## Notes

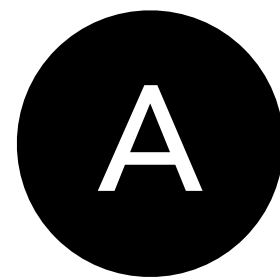


# ACT on Johnny

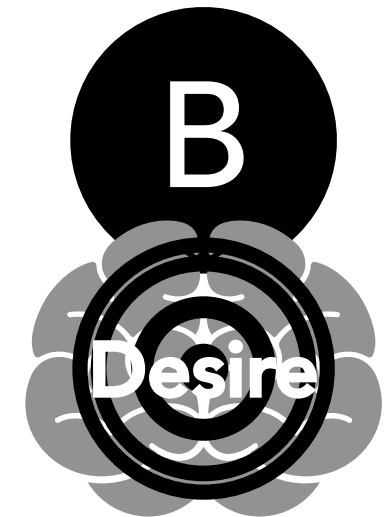
1. Becomes fully Present
2. Opens Up
3. Doing what matters



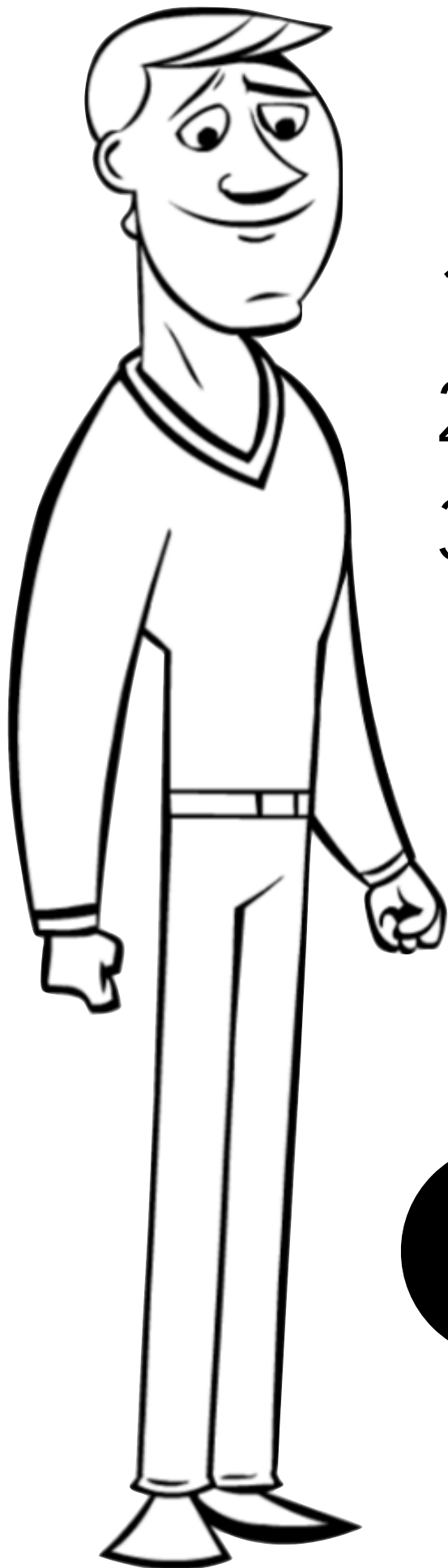
Create an Action Plan  
&  
Start Doing it...NOW!



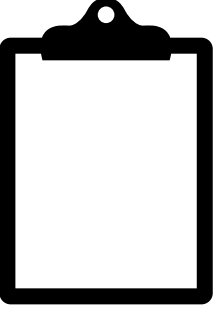
Workable Actions  
Willingness Actions



REMEMBER THE FLOW!



## Notes





# ACT PRACTITIONER'S CERTIFICATION

# THE FINAL ACT

## Section 8

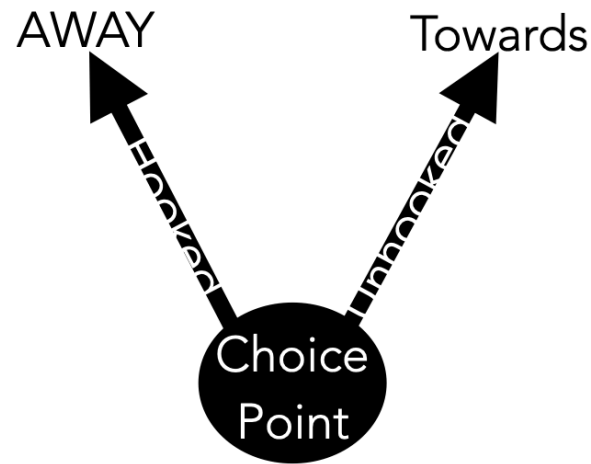
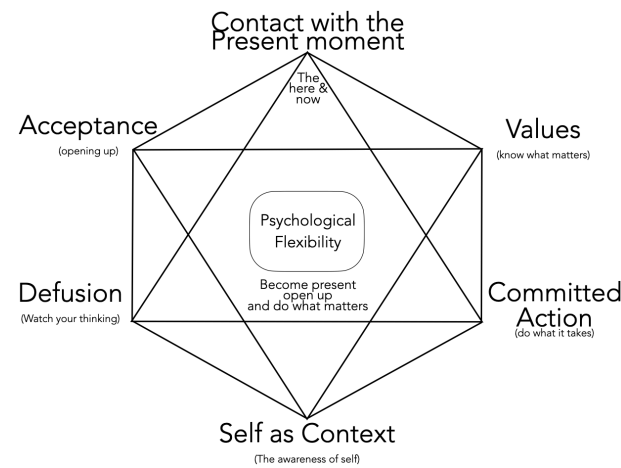
### ACT ON GOALS



Earl Nightingale famously said, "A man without a goal is like a ship without a rudder" Goals are essential. Purpose is essential too. A purposeful goal is one that requires little added motivation. It's one you feel you must do, need to do. Goals need railings and support that come from values. A valueless Goal is a meaningless goal. So as you create your value based goals keep purpose in mind. If you struggle with why you doing something, staying committed can be more challenging, than need be.



# Other components to ACT



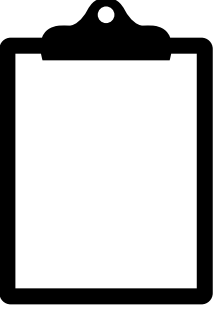
ACT has its tools like the ones covered in this course. Each point on the Hexaflex has a Practitioner, Life Coach advanced, and Master levels.

This course has covered the practitioner level. Additional components will be required to obtain advanced and master levels. They are needed to be ACT proficient. The basics are great for self practice & for Life coaches that already use a variety of techniques similar to the advanced & Master levels of ACT.

The advanced level focuses more on the Coach-Client relationship. The steps of a session. Additional worksheets. 3 Types of Goals. Reframing techniques. etc..

The Master level, dives into a huge assortment of techniques. Many with acronyms like DOTS, and HARD. Deeper into Defusion, common resistance issues like "But it works" & "I've got no choice". Problematic emotions like shame. Willingness issues. Awareness expansion. ACT & Relationships. Influence v Control. & more

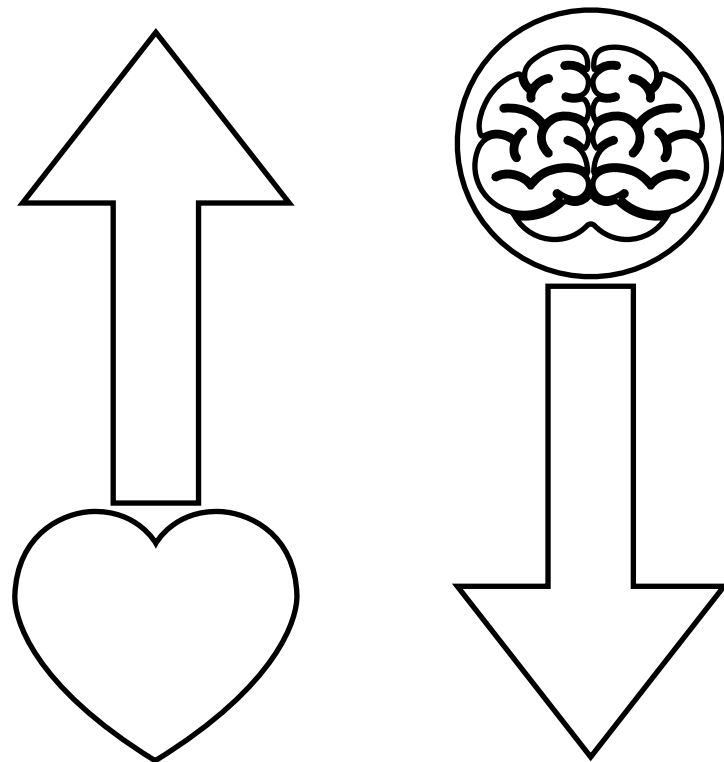
## Notes



# ACT is Different



ACT is a different Modality. It utilizes the Motivational Power of Emotion.



Thinking &  
Feeling  
Modality

NLP

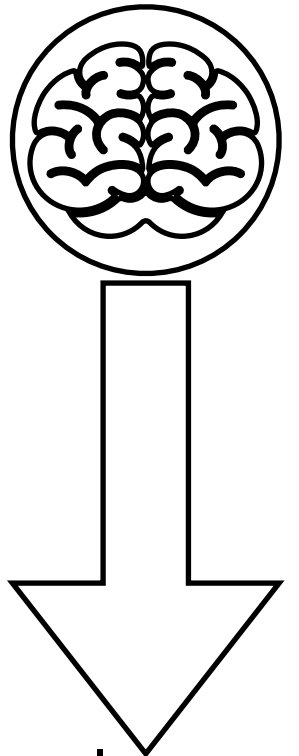
CBT

Life Coaching

SMART

TGROW

CCOACH



Thinking Modalities in general do not take advantage of the power of emotions. To the contrary they seem to attempt to disarm this power by thinking around it.

“What drives us when reason (Thinking) or maps (Life coaching strategies like SMART) lose their power?”

“What happens when we don’t feel like doing what needs to be done?”

“Why do we do what doesn’t seem reasonable?”

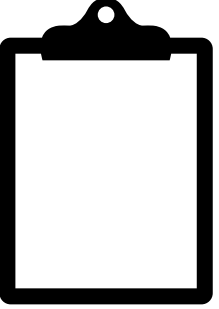
“What really drives us to do the things we would rather not do?”

“Is it a MAP? or a Way to think about things? or might it be Feelings supported by strong Emotion?”



ACT is a different Modality. It utilizes the Motivational Power of Emotion.

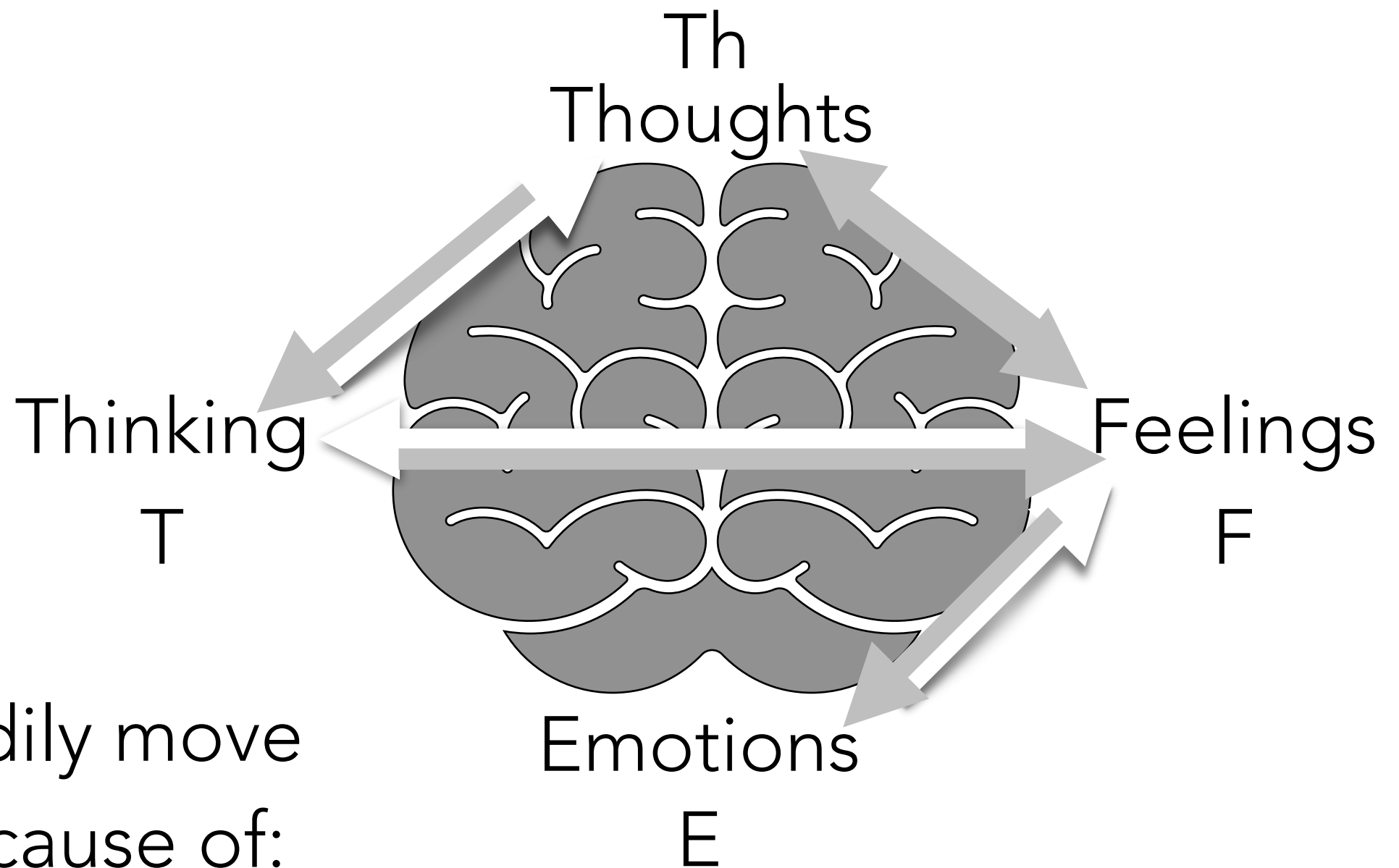
## Notes



# We move or choose because

Refinement order.

1. Emotions
2. Feelings
3. Thinking
4. Thoughts



We more readily move  
or choose because of:

$$E > F$$

$$T > F$$

$$Th > F$$

$$Th > T > F$$

$$T > Th > F$$

E

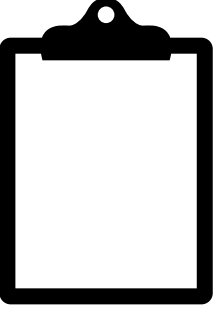
E

E

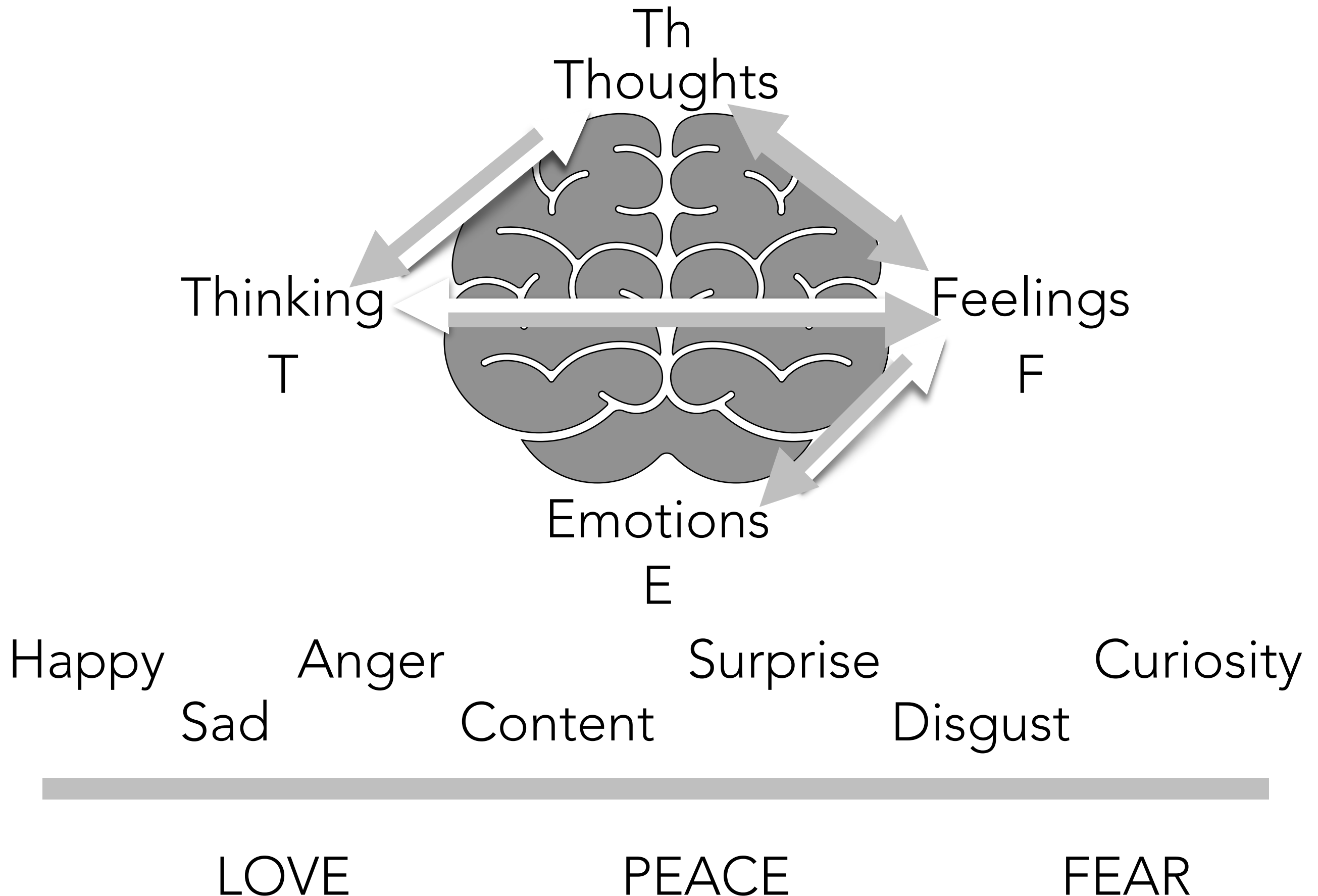
E

Emotions are the foundation of motivation

## Notes

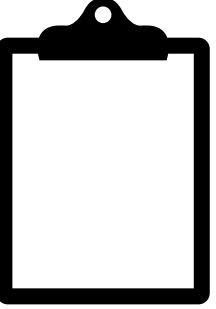


# Unpacking the Motivation





## Notes



# Acceptance & ACT

Principles of Acknowledgement, Allowance & Accommodation.

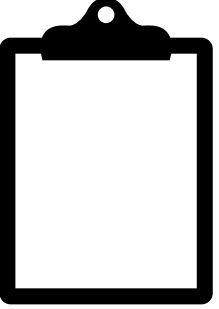
thoughts create feelings and vice versa

These are two of the four areas of the mind  
Life Change Helpers focus on in ACT.

The intervention includes Accepting our feelings and thoughts.

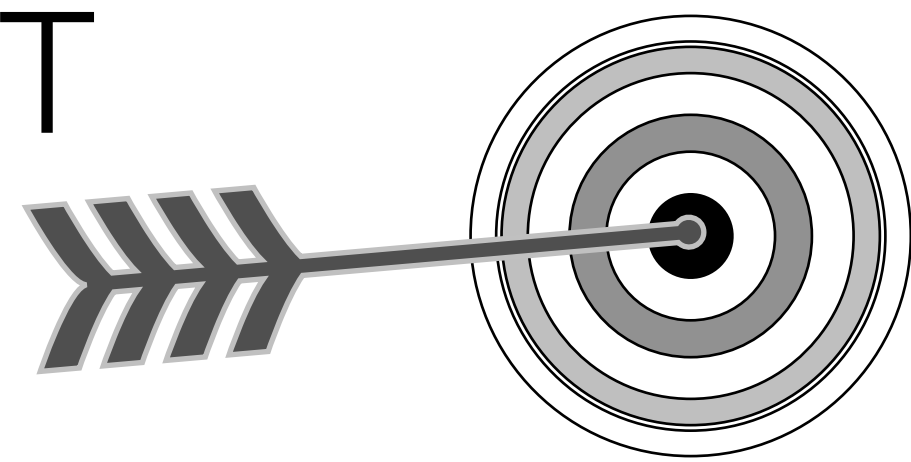
1. Making peace with them.
2. Writing them down. (drawing them out)
3. Chanting or vocalizing them as part of you, a needed part.
4. Bringing into the present emotions from the past and thoughts of the future for Dissensation and exposure treatment.
5. Paying closer attention to your Feelings and Emotions
6. Go through the 3 A's with all major emotions.
7. Role play your emotions for strategy Awareness/Accommodation
8. With trusted others and alone.

## Notes



# Wrap up ACT

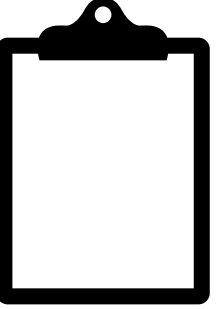
## THE GOALS OF THIS COURSE



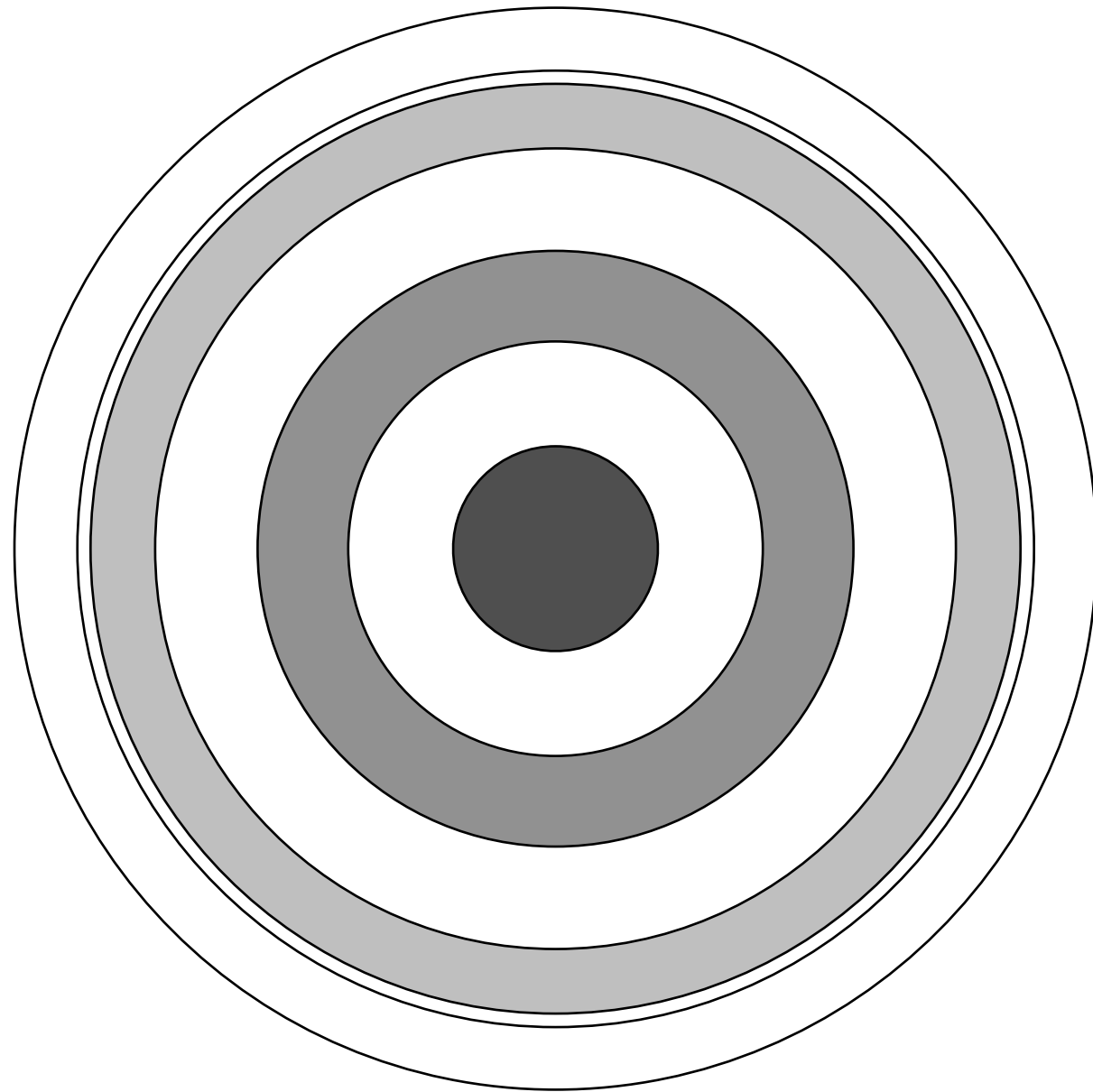
- ✓ To show you the MAP of choice
- ✓ Introduction to 6FEM
- ✓ Choices & our Mindset
- ✓ ACT revealed, history, hexaflex, triflex, and What is Psychological Flexibility?
- ✓ ACT tools like Four square, Matrix and Choice point
- ✓ Break down the six points of the ACT Hexaflex

- ✓ 6 Categories of Cognitive Fusion
- ✓ 6 core pathologies of Psychological Rigidity
- ✓ A number of ACT terms and a few SFC terms
- ✓ How to get unhooked?
- ✓ ACT Flow
- ✓ ACT wrap up

## Notes



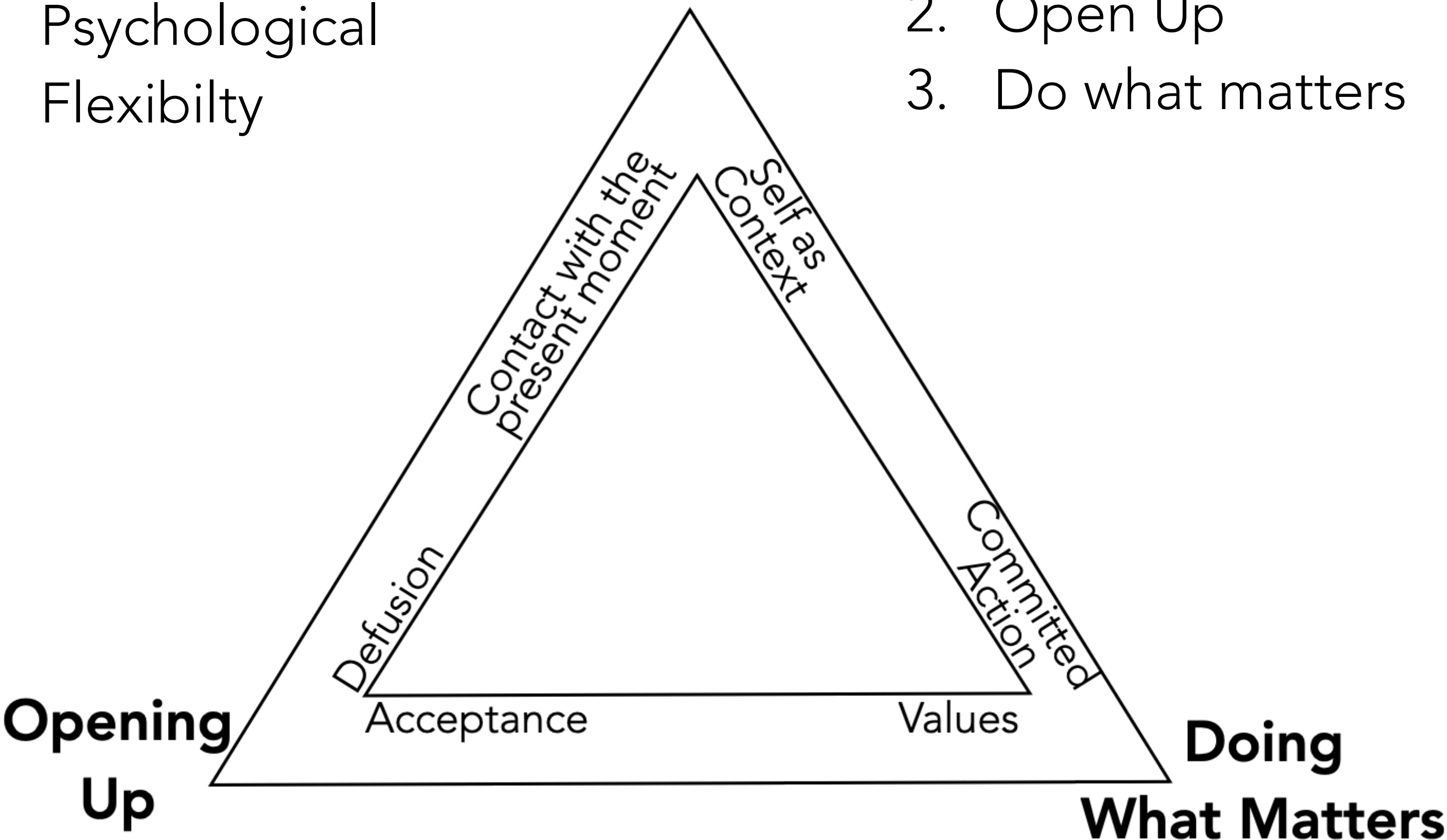
# ACT Extras



The 3 functional  
units of  
Psychological  
Flexibility

**Being Fully  
Present**

1. Be Present
2. Open Up
3. Do what matters



Contact with the  
Present moment

The  
here &  
now

Acceptance

(opening up)

Values

(know what matters)

Psychological  
Flexibility

Become present  
open up  
and do what matters

Defusion

(Watch your thinking)

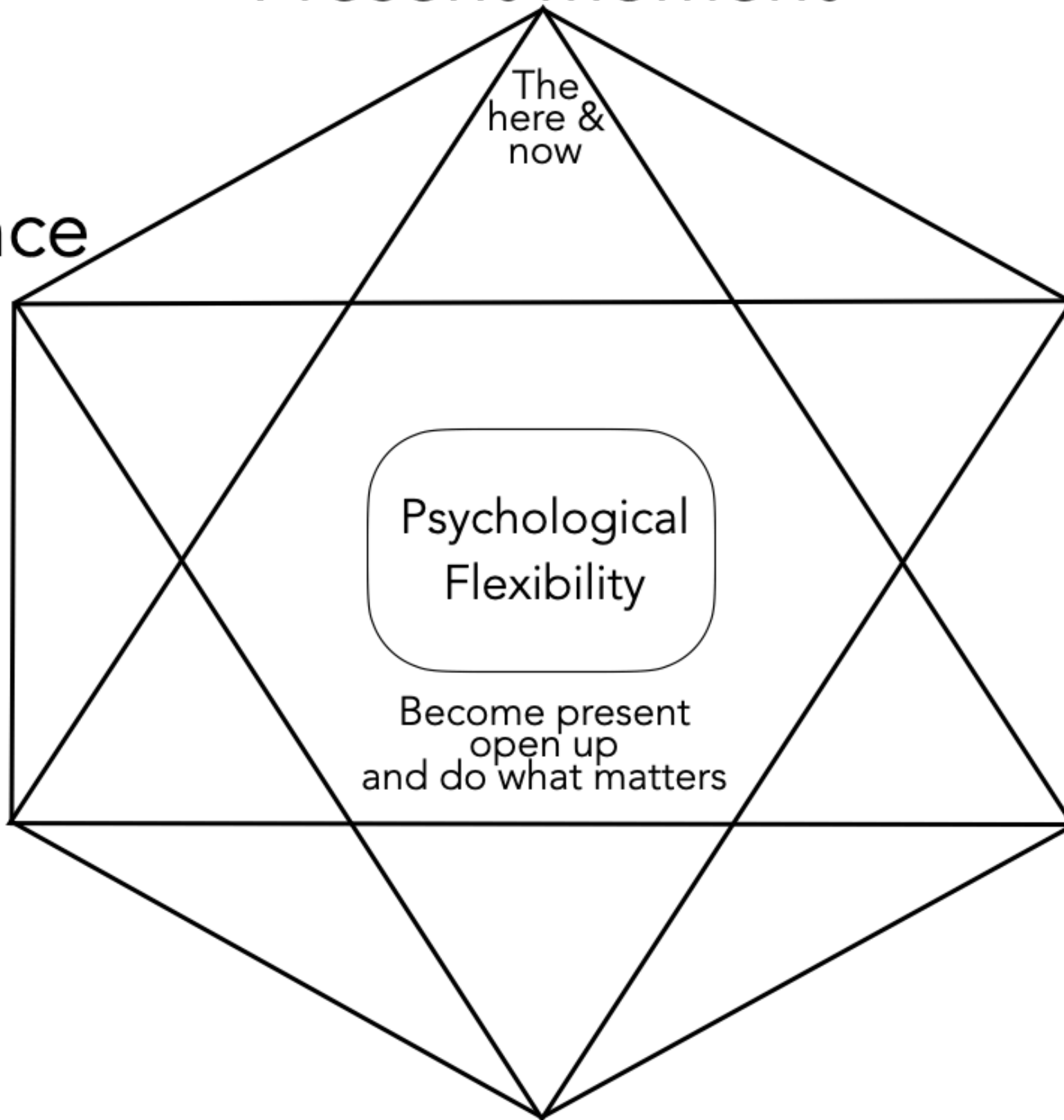
Committed

Action

(do what it takes)

Self as Context

(The awareness of self)





# A Workability

Not Working  
(Less Meaning)

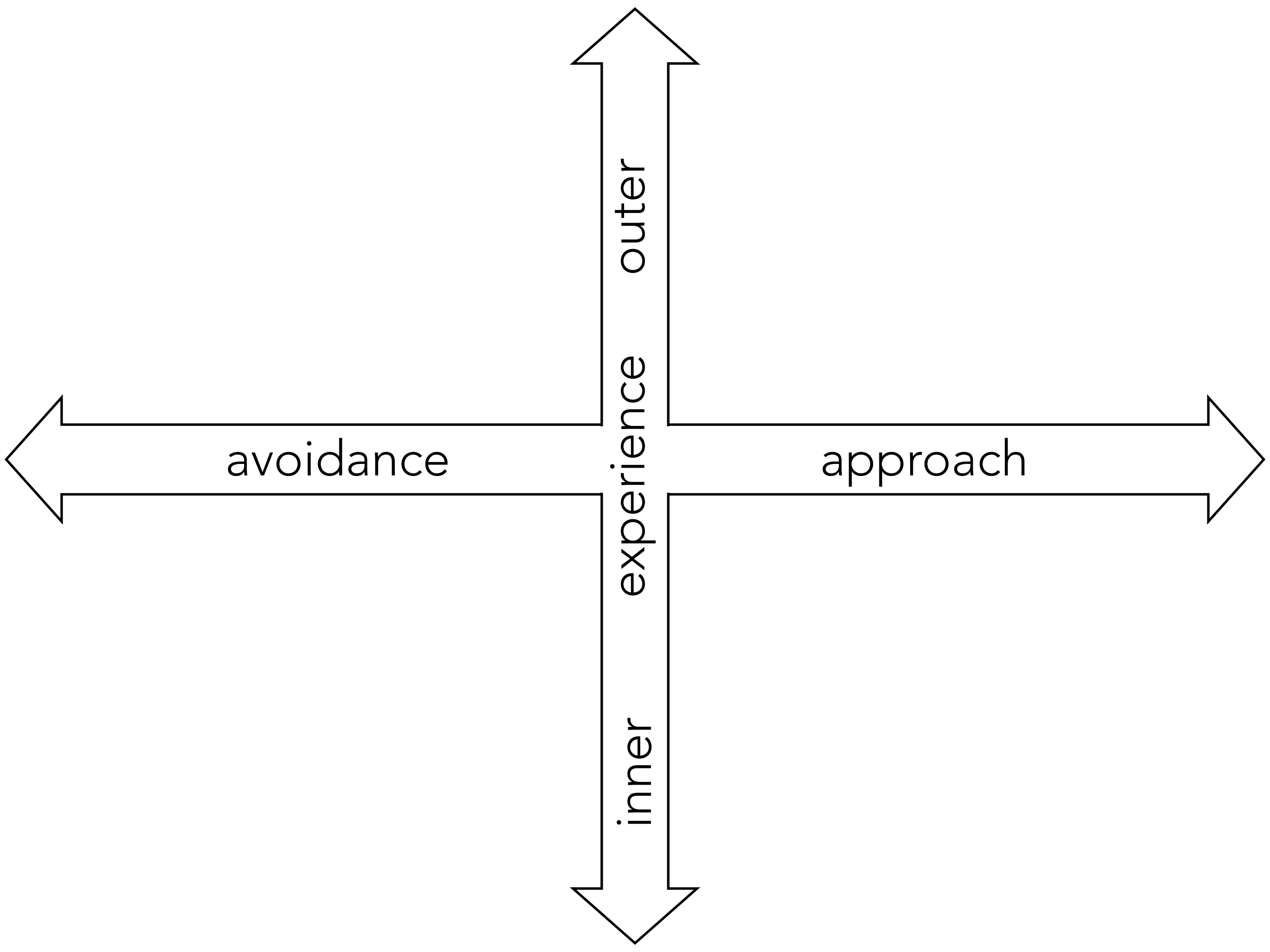
More Workable  
(More Meaning)

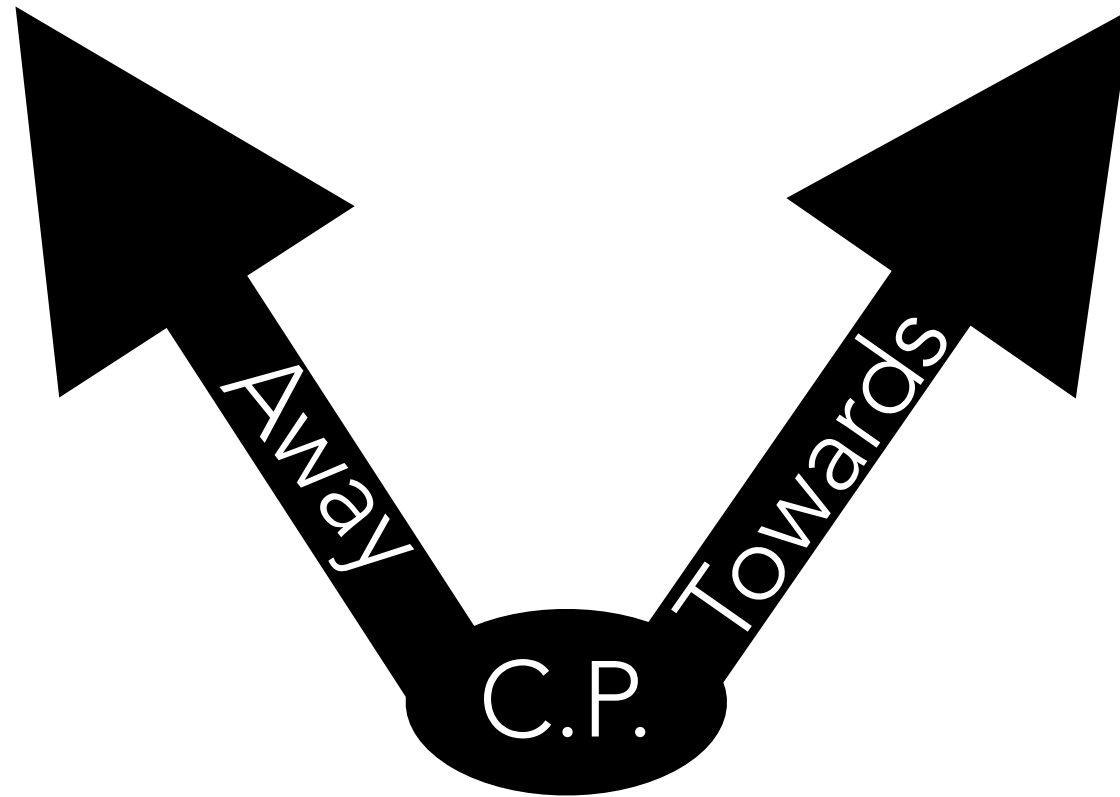
Public

Private

**B**

Behavior





Assets

Liabilities

Hmmm

# THE FIVE STARTER QUESTIONS

1. What's going on Now?
2. What do you want?
3. What don't you want? (this clears up #2)
4. What are you doing/done to get there?
5. What are you willing to do today to get there?

# DEFUSION V FUSION QUESTIONS?

1. Are we connected with the present moment?
2. Are we operating by our core values?
3. Are our actions committed ones, done with purpose?
4. Are we seeing ourselves beyond the subjective experience?
5. Are we practicing the art of defusion to allow for greater options delivered by perspective based understanding?
6. Are we opening up and accepting our feelings, thoughts and consequences?

## **Maslow's Hierarchy of Needs**

**Self**

**Fulfillment, Growth, Purpose,  
Contribution, Actualizing Potential**

**Esteem**

**Recognition, Independence,  
Confidence, Respect, Status**

**Connection**

**Love, Belonging, Family Friends,  
Intimacy, Acceptance**

**Safety**

**Feel Secure & Stable, Shelter,  
Protection, Comfort**

**Physiological**

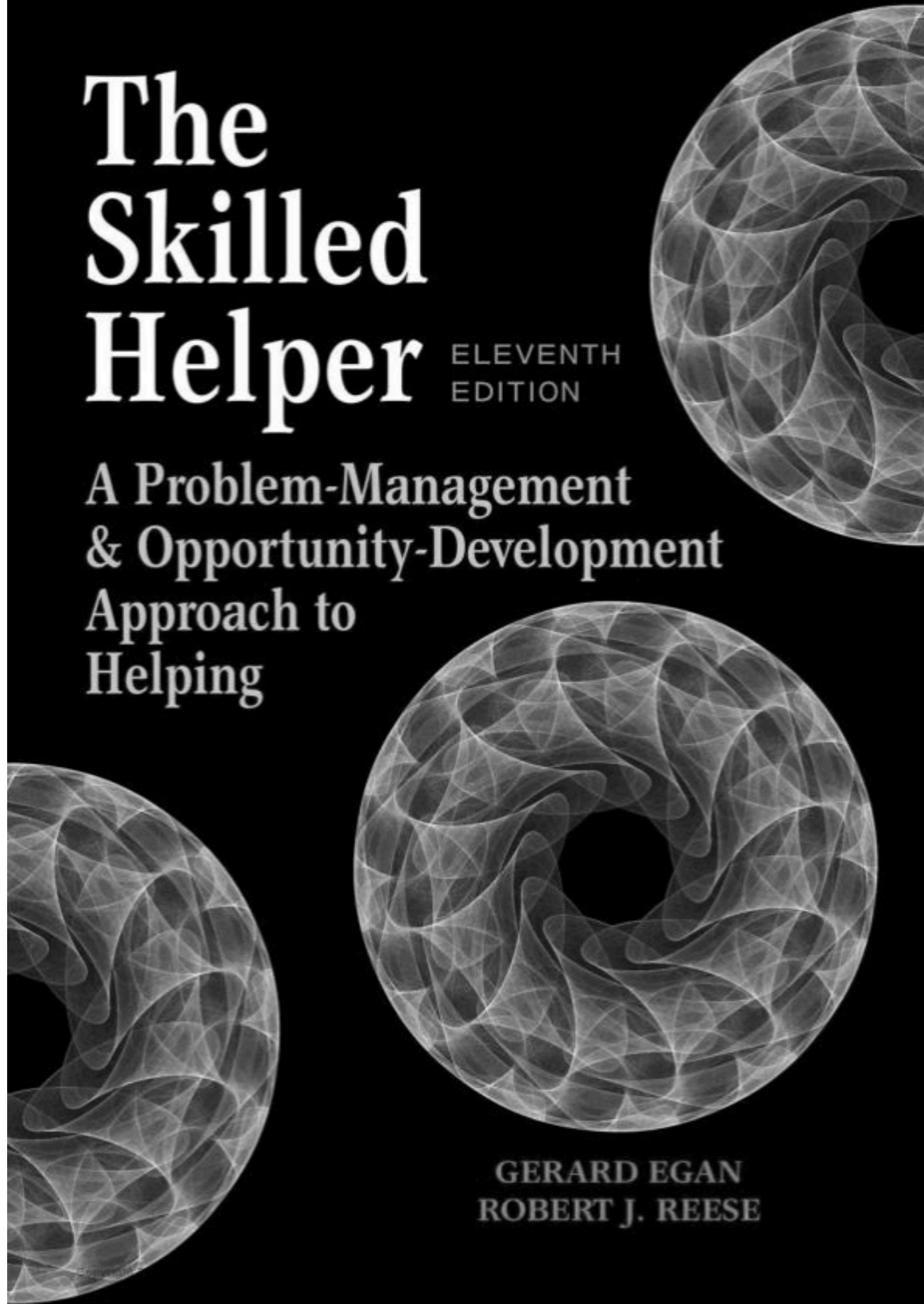
**Life Survival Needs-Food, Water,  
Air, Warmth**

# The Skilled Helper

ELEVENTH  
EDITION

A Problem-Management  
& Opportunity-Development  
Approach to  
Helping

GERARD EGAN  
ROBERT J. REESE





## Notes



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