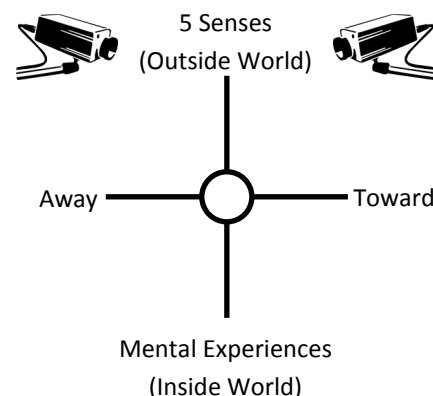
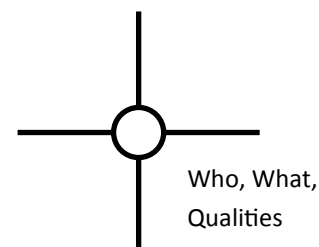


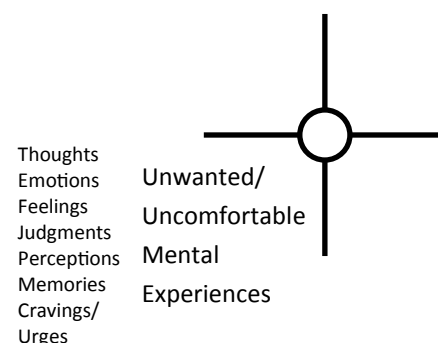
1.(Top quadrants vs the bottom quadrants): “If we looked out the window and saw someone walk by, do we know if they are walking away from something, or toward something?” “The top half of the Matrix holds what we can all experience with our five senses—things we can all see or hear, which is why we draw the cameras on the top of the board to remind us of this.” “The bottom of the Matrix is the WHY behind what we see in the 5 senses world” Identify that the top of the matrix is what we can all experience through our five senses and focus on sight by drawing cameras on the top half, then talk about mental experiences being the motivation behind the actions. Bottom half is our own personal experience.



2. (Bottom right quadrant): “We’re going to look at the WHY behind what people can see us do in the 5 senses world” “Who matters to you” “What matters to you” “Since you identified the people who matter to you, how would you want them to describe you? What qualities do you want to be known for?” Be sure to probe deeper if clients give you material values like “car” or “money” - ask them what these things provide them, what purpose they serve, and/or what their life would be missing without them

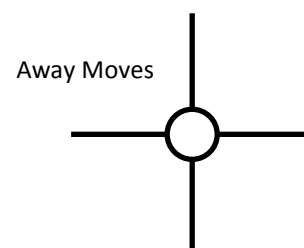


3. “So we can all agree these are the things that are important to us—the things that bring our life meaning. Are we able to focus on them 100% of the time?” “What pulls our focus away from the things that are important to us?” Identify that things pull our focus away from who/what matters, but it's the internal stuff that we will be focusing on rather than the situations in the outside world that come up - the mental experiences that show up in response to situations

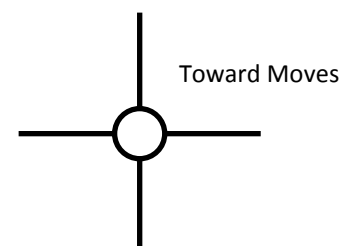


4. (Bottom left quadrant): “What internal experiences show up that pull our focus away? This includes thoughts, emotions, feelings, judgments, perceptions, memories, cravings/urges, etc.” “The unwanted/uncomfortable mental experiences” Identify unwanted mental experiences. Be sure to place thoughts and emotions on the board. If they give you a thought, ask what emotion that thought brings with it.

5. (top left quadrant): “It’s human to want to avoid experiencing these unwanted mental experiences. What could I see you do (remember we have a camera on you) to try and get away from or lessen these unwanted mental experiences?” “Give me examples of anything you or someone you know has used to cope with the UME” Have clients come up with Away moves.



6. “If these are the things I can see you do to move away from unwanted mental experiences, what could I see you do that would tell me these things (point to the values) are important to you?” Write their toward moves on the board. Try to keep adding to the list until someone identifies an action that is also on the away side.



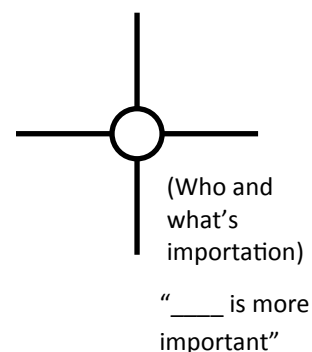
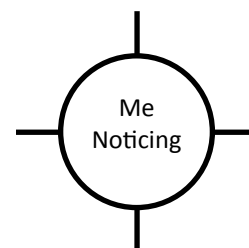
7. "I notice that we have some of the things we do as away moves as toward moves as well. How can we tell the difference between when we use the action or behavior as an away move or when it's a toward move?" "Does _____ feel different when you use it to move away from an unwanted mental experience than when you use _____ to move toward something that's important to you?" Create psychological flexibility by pointing out the behaviors identified could be placed on both the away and toward sides of the matrix and focus in on the difference in how it feels (i usually use the bear vs mountain metaphor or the "bunny in a strawberry patch" metaphor, but the child on a playground could be used in step 1 and then again here to drive home both points - which I think I will start adding)

8. (middle circle): "Who notices everything on the Matrix?" Write "Me Noticing" in the middle circle. Explain observer self—can use the sky/weather analogy, etc

9. "Looking at the whole Matrix, which side would you like to spend more time on? The left or right side?" "We're going to look at how we can make more toward moves, even in the presence of the unwanted mental experiences that show up. We'll practice how to 'sit with' these emotions and make the choice to move toward what's important rather than just feeling better in the moment."

10. "I want to be sure to point out that away moves in and of themselves are not 'bad'...remember that they are just ways we cope. We don't talk about good or bad when we look at moves on the Matrix. We just want to look at 'workable.' How we evaluate whether something is workable is whether it puts anything that is important to us at risk. If what you're about to do doesn't put anything important to you at risk, then it's workable in your life. If what you're about to do COULD or will put something important to you at risk, then it's unworkable."

11. "When you notice that you want to make an away move, first evaluate if it's workable. Also ask yourself if you're willing to "sit" with the uncomfortable mental experience and make a toward move in service of your values. You may identify that "_____ is more important" than just feeling better." Write the definition or workable somewhere on the board: "workable = it doesn't put anything important to you at risk." Also write "_____ is more important" in the lower right hand quadrant below the values on the board



workable = it doesn't put anything important to you at risk