



Barriers



But what about those barriers that stop you, those thoughts that pop up and get in the way? Often we get in our own way. Having an idea of what your own barriers are is useful as you can notice them and head them off!

Here are some example barriers;

Emotions

Emotions are natural barriers, 'I'm scared to try this', 'I might fail' - Fear to try something new and anxiety about the outcome act as barriers. 'I can't do this' 'it's too hard', 'I don't deserve this'. These emotions are natural and our mind creates these thoughts which get in the way. But by defusing the thought and becoming aware of it you can learn to detangle yourself and move towards your valued direction.

Expectations

Often we expect too much of ourselves especially when making healthy life changes. Setting too many goals is unrealistic and can actually reduce motivation –think about a long list of things to do it's off putting and overwhelming and can act as a barrier. Be kind to yourself. Don't expect too much.



'The Walk of Life'



"When we are walking along the footpath, we tend to look just ahead of us most of the time, with occasional glances behind us and far ahead. We look behind as we need to know of anything approaching from behind or to see where we have come from, and look far ahead to make sure we are heading in the right direction to get to where we want to go.

Most of the time though, we need to know where we are putting our feet.

If we were constantly looking behind us, then we would be walking into obstacles or tripping over. If we were constantly focused on the far distance, we would slip and trip over obstacles beneath us. (It can be fun to act this out!)

So it is with life. Sometimes we are so focused on our past, that we neglect the present, and wonder why we keep falling flat on our faces. Or perhaps we are so attentive to anticipating dangers up ahead, that again, we trip and stumble our way through life".

(Carol Vivyan 2012)

The six ACT techniques can be used to overcome the barriers we all experience.