



### ***Physical exercise: Acceptance and willingness***

You will need a pen and some small pieces of paper. You can do this alone or with a trusted friend. It's up to you.

**Purpose:** This physical metaphor is designed to help you distinguish between the different ways that we can respond to certain thoughts, memories, feelings, sensations that come up.

- a) We can try to fight them and take active measures to control these thoughts, feelings, sensations etc. when they show up.
- b) We can try to ignore, dissociate, distract, or numb and not be in touch with what's going on.
- c) Or we can be open and willing to experience whatever is there for however long it wants to stick around for. Without holding onto it or pushing it away.

1. Reflect and think about on something that is causing you difficulty. Give yourself time to do this. It might help to write this down and then come back to the rest of the activity
2. When dealing with this what's the first thing that shows up? Write this down on a piece of paper (i.e. Thoughts?, Feelings?, Bodily Sensations?, Images that come to mind?, Memories that show up?, Urges?) e.g Anxiety: I feel faint, my heart beats faster, trouble breathing. E.g stress: anger, feel rush of adrenaline, can't think straight.
3. What thought goes through your head? Write this down on a piece of paper
4. And what shows up next? Write this down on a piece of paper
5. And what shows up next? Write this down on a piece of paper
6. If doing this with someone else have them sit opposite you and slowly throw the pieces of paper across to you. If by yourself hold them above your head and let them go one at a time.
7. You need to try and bat them away from you so they don't touch you.
8. How did you find this?
9. Ask yourself, would have been able to do something that was important to you at the same time? For example could you have done your work whilst batting them away? Could you have gone to the gym? Or spent time with your family?
10. Gather the paper up.
11. Now cover your eyes with your hands and try to distract yourself however you can. You are not going actively fight with these things but I want you to not to look at them, not to try to notice what's going on, and just try to distract yourself as much as you can
12. Repeat process of gently throwing cards over yourself.
13. Now what was that experience like for you this time?
14. Ask yourself, would have been able to do something that was important to you at the same time? For example could you have done your work whilst batting them away? Could you have gone to the gym? Or spent time with your family?
15. Gather them up again, repeat but this time open your arms to accept them
16. Now what was that experience like for you this time?
17. Ask yourself, would have been able to do something that was important to you at the same time? For example could you have done your work whilst batting them away? Could you have gone to the gym? Or spent time with your family?