



Moving forwards



ACT aims to help you make room for the possibility that there is another way to live, an alternative that doesn't include self-blame and avoidance.

In order to move forwards it is necessary to look at where you are currently. To evaluate current coping strategies and current behaviours and to be aware of what they are the energy they require and their effectiveness.

Ask yourself to notice your current thoughts and feelings. What are they? Describe them.

To move forwards you must be willing to accept your experiences and connect with them as they occur. While understanding that you are open enough to hold them while not actually being them. For example you are like the sky rather than the clouds in the sky. This is a skill you can learn.



I am willing to experience my distress



I am willing to accept my unwanted thoughts/ negative emotions



I am willing to accept discomfort



I am willing to....



Because it will help me accept my suffering and allow me to move on



Because....