



### Thinking about internal barriers



(Adapted from Hayes (2005). Get out of your mind and into your life.)

Unwanted thoughts, feelings, emotions which I might experience when trying to reach my goal

The feeling I might experience is

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I am willing to try and accept the discomfort of this (how)

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What can I do to help me accept it and defuse it?

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Is there anything else I can do?

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For example:

Katrina\* valued her relationship with her co-workers and she had set a goal to build up and maintain a positive working relationship with those in her team. She wanted to make time to improve her communication with members in her team and aimed to initiate conversation on a daily basis.

Internal barrier	Willingness and acceptance	Defusion plan	Other ways to defuse it
Anxiety	Remind self that the goal is part of the bigger picture to help her live in a way that is consistent with her values which are important to her	"I am having the thought that I can't do this" and I am feeling anxious. This is just a thought it is not everything that I am. I can observe the thought and wait until it passes	Observe breathing and try a short relaxation exercise e.g. count to ten and take three deep breaths. Repeat if necessary

Make room for the thought and observe it for what it is, a thought, just that. If you have difficulty experiencing uncomfortable thoughts try to acknowledge that it is difficult and be kind to yourself. With time and commitment the discomfort will lessen.

Remind yourself of your values, what are they? Why are they important to you? Connect with them in the moment (say them to yourself / write them down / look at an object that reminds you of them).