# Content

# Your journey so far

By now you may be familiar with the six core components which work together to help build psychological flexibility which in turn has been shown to boost wellbeing. This week the focus is on identifying the exercises, metaphors and resources which you have found most helpful. Consider the ones which helped you. We are all different some will appeal more than others.

This is an opportunity to think of ways to apply the resources provided here, to your own situation.

This is a good time to read over previous week’s materials and take some time to consider everything you have read and tested out.



# Try now

This is an opportunity to consider your journey so far, to think about the following:

* What have you practiced?
* What has worked?
* How has planning activities helped?
* What can you try again?

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# Try at home

Choose another values based action

*Ten steps to trying on a value exercise (PDF):*

1. **Choose a Value.** Choose valued directions that you are willing to try on for at least a week. This should be a value that *you* can enact and a value that you care about. This is not a time to try to change others or manipulate them into changing.
2. **Notice Reactions.** Notice anything that comes up about whether or not this is a good value, or whether or not you really care about this value. Just notice all thoughts for what they are. Remember that your minds job is to create thoughts. Let your mind do that and you stay on the exercise.
3. **Make a List.** Take a moment to list a few behaviors that one might say are related to the chosen value.
4. **Choose a Behavior.** From this list, choose one behavior or set of behaviors you can commit to between now and next session or the next few sessions.
5. **Notice Judgments.** Notice anything that comes up about whether or not that is a good behavior, whether or not you will enjoy it, or whether you can actually do that to which you are committing yourself.
6. **Make a Plan.** Write down how you will go about enacting this value in the very near future (today, tomorrow, this coming weekend, at the next meeting with your supervisor). Consider anything you will need to plan or get in order (e.g., call another person, clean the house, make an appointment, etc.). Choose when to do that – the sooner the better.
7. **Just Behave.** Even if this value involves other people, *do not tell them what you are doing*. See what you can notice if you just enact this value without telling them it is an ‘experiment’.
8. **Keep a Daily Diary of Your Reactions.** Things to look for are other’s reactions to you, any thoughts feelings or body sensations that occur before, during and after the behavior, and how you feel doing it for the second (or fifth, or tenth, or hundredth) time. Watch for evaluations that indicate whether this activity, value, or valued direction was ‘good’ or ‘bad’ or judgments about others, or yourself in relation to living this value. Gently thank your mind for those thoughts, and see if you can choose not to buy into the judgments it makes about the activity.
9. **Commit.** Every day. Notice anything that shows up as you do so.
10. **Reflect and consider the barriers** you experienced and what you did to defuse them.

# Watch

**Acceptance: struggle switch**

<https://www.youtube.com/watch?v=rCp1l16GCXI>

**Leaves on a stream**

<https://www.youtube.com/watch?v=jovZDkEnFng>

# Lesson summary

Read over materials again. Select things to practice

