

# ACT for Psychosis Recovery

## Booster Session 1

# Welcome Back!

- Developing life direction
- Increasing awareness of obstacles
- Learning the skills of open, aware, and active in order to respond more effectively to obstacles
- Connecting with each other and having fun!

# Noticing Exercise



# Passengers on the Bus



# Committed Action Review


- Think of the value you identified last week and the action linked to the value
- Did you notice any passengers show up in relation to this action?
- What was your experience of the mindfulness practice?

Committed Action Worksheet: Active

My SMART action for the week:  
*(specific, meaningful, adaptive, realistic, time-framed)*

Value(s) connected with my action:

Passengers that might come to the front of my bus:



The illustration shows a red bus with a driver and passengers, labeled 'Bus of Life'. It is on a road that splits into two directions. A signpost at the junction has two signs: 'VALUES' pointing left and 'SINK OR SWIM' pointing right.

# Update

- What was it like when you first came to the workshop?
- In the past, how did you deal with passengers?
- How do you deal with them now?
- What passengers have you noticed?
- How have you responded to them?
- How can you take these skills forward?

# Committed Action Review

- Pick 2 cards from the pack.
- Identify 1 card to discuss
- Ask yourself:
  - Why is this value important to you?
  - What are you already doing to show this?



# Skills Refresher

## Open

- Passengers on the bus
- Committed action
- Pushing against the folder
- Having vs Buying into thoughts
- Sticky labels

## Aware

- Noticing exercises: mindfulness of breath and body, mindful stretch, mindful walking, three-minute breathing space, mindful eating, leaves on the stream, clouds in the sky
- Identifying values, passengers, etc.
- Videos of Paul and George



# Skills Refresher

## Active

- Coming to the workshops
- Choosing valued directions
- SMART goals
- Committed actions during the week to move you closer to your goals or move you in a valued direction
- Having vs buying into thoughts
- Passengers on the bus

# Committed Action Worksheet: Active

My SMART action for the week:  
(specific, meaningful, adaptive, realistic, time-framed)



Value(s) connected with my action:

Passengers that might come to the front of my bus:

# Developing Aware Skills: Mindfulness Practice

**Mindfulness practice enables you to develop several skills:**

- the ability to focus and engage in what you are doing;
- the ability to let thoughts come and go without getting caught up in them;
- the ability to refocus when you realise you're distracted;
- and the ability to let your feelings be as they are without trying to control them.



**The noticing exercise that I intend to practice this week is:**

**You may find it helpful to record what you noticed during the mindfulness practice, and also any benefits you encounter that help you keep on track with getting active:**

**What I noticed (thoughts, feelings, sensations):**

**Benefits:**

# Feedback

- How did you find the session today?
- What did you notice?
- What did you find helpful or unhelpful, or both?
- What was the most memorable thing from today's session?