

ACT for Psychosis Recovery

Session 3

What we Covered Last Time

- Thinking about what's important to us (our values)
- How our minds come up with barriers (passengers)
- Considering the effects of struggling with our minds
- Considering openness as an alternative

Noticing Exercise



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)

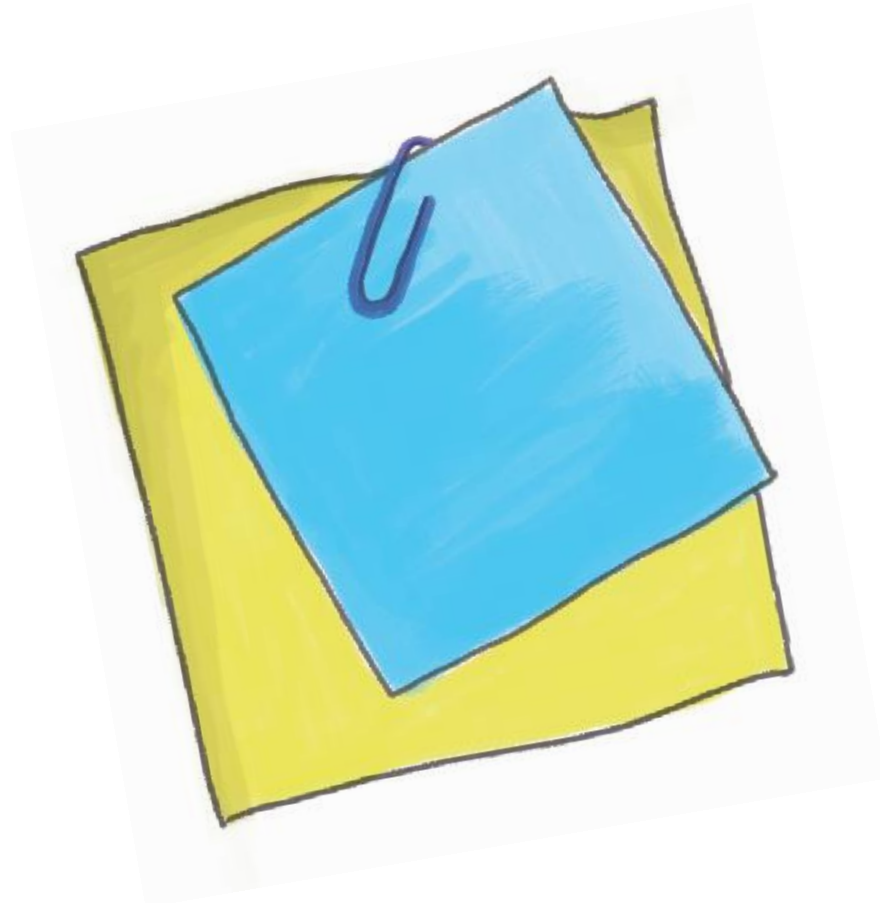
Value(s) connected with my action:

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 curves to the right. A signpost at the corner has two signs: 'VALUES' pointing left and 'SINK OR SWIM' pointing right.

Sticky Labels



Having vs Buying into Thoughts

- “I’m *having the thought* that I can’t be bothered”
- “I’m *having the thought* that it’s all going to go wrong”
- “I’m *having the thought* that I’m going to look stupid”
- “I’m *having the thought* that that I’m no good at this”

Acting out your Passengers



Getting Present & Noticing



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?