

ACT for Psychosis Recovery

Session 4

What we Covered Last Time

- Thinking about what's important (our values)
- How our minds can come up with barriers (Passengers)
- Considering the effects of struggling with our minds
- Considering openness as an alternative
- Noticing our passengers but not acting on them

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 splits into two directions. A signpost at the junction has two signs: 'VALUES' pointing left and 'SINK OR SWIM' pointing right.

Noticing Others' Values

- Write down two things (e.g. behaviors) that you have noticed in the person next to you, that you think reflects what's important to them.
- What do you think are the values that drive those behaviors?



Key Messages

- ***Open***: Willingness, making space/being with
- ***Aware***: Mindful awareness/present-moment focus
- ***Active***: Taking steps toward values/doing what matters

Passengers on the Bus



Ways of Responding to Passengers

- Be clear about the direction you want your bus to go.
- Notice that you have a choice about where you steer the bus.
- Understand that passengers are just passengers.
- Being mindful can help notice the choices available to us.
- Fighting and struggling with passengers can take you away from what's really important
- An alternative can be making space for passengers and allowing them to come along for the ride.

Over the Past 4 Weeks

- What have you noticed?
- How have you responded?
- What was it like for you when you first came along to the workshop?
- What's it like now?
- How can you take things forward?

Driving Licence – Goals and Values

My Life Goals are:

Three horizontal white bars for writing life goals.



My actions to move me closer to my Life Goals:

Three horizontal white bars for writing actions to move closer to life goals.

Values connected to my actions and Life Goals:

Three horizontal white bars for writing values connected to actions and life goals.

Driving Licence – Passengers

My Value:



Noticing Exercise



Final Message



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?

Certificates

