

act choice point worksheet

Act Choice Point Worksheet: Navigating Life's Crossroads with Intention

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Abstract: This article delves into the practical application of the "act choice point worksheet," a powerful tool for navigating life's challenging decisions. Through personal anecdotes, illustrative case studies, and expert insights, we explore how this worksheet can facilitate clearer thinking, reduce stress, and promote more intentional living. We'll examine its core components, demonstrate its usage, and highlight its benefits across various life domains.

Understanding the Act Choice Point Worksheet

The "act choice point worksheet" is a structured tool designed to help individuals analyze complex decisions, weigh their options, and choose a course of action aligned with their values and goals. It's rooted in the principles of Cognitive Behavioral Therapy (CBT), emphasizing the connection between thoughts, feelings, and behaviors. Unlike impulsive decision-making, the act choice point worksheet encourages a deliberate and reflective approach, minimizing regret and maximizing positive outcomes.

The worksheet typically includes sections for:

Identifying the Choice Point: Clearly defining the decision to be made. This involves specifying the problem or situation requiring a decision. For example, "Should I accept the new job offer or stay in my current role?"
Listing Possible Options: Brainstorming all potential courses of action, no matter how seemingly unlikely or unconventional. Encouraging creativity at

this stage is crucial.

Evaluating Potential Outcomes: Exploring the potential positive and negative consequences of each option. This involves considering both short-term and long-term impacts.

Assessing Personal Values: Aligning the chosen course of action with one's core values. This helps ensure the decision resonates with one's sense of self.

Making a Choice & Action Plan: Selecting the most suitable option based on the evaluation and creating a concrete action plan with specific steps and timelines.

Reflecting & Evaluating: Reviewing the decision-making process and the outcome. This feedback loop helps refine the process for future choices.

Personal Anecdote: The Crossroads of Career

Several years ago, I found myself at a significant career crossroads. My current role, while comfortable, felt stagnant. A new opportunity presented itself, promising greater challenge and potential for growth, but also involving significant risk. Using the act choice point worksheet proved invaluable. Listing the potential outcomes – increased salary versus job security, new skills versus comfort zone – forced me to confront my fears and anxieties. The value assessment section highlighted my core value of personal growth, which ultimately tipped the scales in favor of the risky but potentially rewarding new opportunity. This experience solidified my belief in the power of the act choice point worksheet.

Case Study 1: Relationship Dilemmas

Sarah, a 28-year-old client, struggled with a tumultuous relationship. Using the act choice point worksheet, we identified her central dilemma: whether to stay in the relationship and try to work through the challenges or end the relationship and begin anew. The worksheet facilitated a thorough exploration of the pros and cons of each option. She meticulously listed the positive aspects of her relationship (companionship, shared history) alongside the negative aspects (conflict, lack of mutual respect). By systematically evaluating these factors, Sarah gained clarity, enabling her to make a decision aligned with her personal values of respect and emotional well-being. The act choice point worksheet provided her the structure to make a difficult but ultimately empowering decision.

Case Study 2: Educational Choices

John, a high school senior, faced a challenging decision regarding his college applications. Overwhelmed by the choices and pressures, he used the act choice point worksheet to analyze his options. The worksheet helped him clarify his academic interests, career goals, and financial constraints. By meticulously outlining the pros and cons of each college, he identified the

institution best aligned with his long-term aspirations and personal values. The act choice point worksheet transformed what felt like an insurmountable task into a manageable and ultimately empowering process.

The Act Choice Point Worksheet in Different Contexts

The versatility of the act choice point worksheet extends beyond personal dilemmas. It can be effectively applied in various contexts, including:

Workplace Decisions: Choosing between different job opportunities, negotiating a salary, or addressing workplace conflicts.

Financial Planning: Making investment decisions, budgeting, or planning for retirement.

Health Decisions: Choosing a treatment plan, managing chronic illness, or adopting a healthier lifestyle.

Family Matters: Resolving family conflicts, making important family decisions regarding finances or elder care.

Benefits of Using the Act Choice Point Worksheet

The consistent use of the act choice point worksheet leads to several key benefits:

Improved Decision-Making: Provides a structured approach, reducing impulsivity and emotional reactivity.

Reduced Stress and Anxiety: Facilitates a thorough exploration of options, minimizing uncertainty and fear.

Increased Self-Awareness: Promotes reflection on personal values and priorities.

Enhanced Problem-Solving Skills: Develops a systematic approach to tackling complex challenges.

Greater Self-Confidence: Empowers individuals to make informed choices they feel good about.

Conclusion

The act choice point worksheet is a valuable tool for navigating the complexities of life's decisions. By providing a structured framework for analysis and reflection, it empowers individuals to make informed choices aligned with their values and goals. Whether facing a personal crisis, career crossroads, or financial dilemma, the act choice point worksheet offers a pathway to greater self-awareness, reduced stress, and ultimately, a more fulfilling life. The act choice point worksheet is not a magic solution, but a powerful tool to enhance decision-making and foster personal growth.

FAQs

1. Is the act choice point worksheet suitable for all age groups? Yes, with appropriate adaptation. Younger children may require assistance in completing the worksheet, while adults can use it independently.
1. How long does it take to complete an act choice point worksheet? The time required varies depending on the complexity of the decision. It can range from 30 minutes to several hours.
1. Can the act choice point worksheet be used for group decision-making? Yes, it can be adapted for group settings, fostering collaboration and shared understanding.
1. What if I am unsure about my values? The worksheet itself can be a valuable tool for self-discovery. Consider reflecting on past choices and situations that have brought you joy or fulfillment.
1. Can I use the act choice point worksheet for minor decisions? While effective for significant decisions, it can be adapted for smaller choices, helping develop consistent decision-making skills.
1. Is professional help needed to utilize the act choice point worksheet? While not always necessary, a therapist or counselor can provide guidance and support in using the worksheet effectively, especially for complex or emotionally challenging decisions.
1. Where can I find a template for the act choice point worksheet? Many templates are available online, or you can create your own based on the described sections.

1. What if I change my mind after making a decision using the worksheet? It is perfectly acceptable to revisit the worksheet and re-evaluate the situation if circumstances change. It's a dynamic process.
1. How do I track my progress and outcomes after using the act choice point worksheet? Include a reflection section on the worksheet to note your feelings and outcomes after implementing the chosen action.

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mindfulness to increase intimacy, connection, and understanding. Resolve painful conflicts and reconcile long-standing differences. Act on your values to build a rich and meaningful relationship. If you're looking to increase feelings of intimacy, love, and connection with your partner, this book has everything you need to get started—together.

act choice point worksheet: *The Happiness Trap* Russ Harris, 2013. A guide to ACT: the revolutionary mindfulness-based program for reducing stress, overcoming fear, and finding fulfillment – now updated. International bestseller, 'The Happiness Trap', has been published in over thirty countries and twenty-two languages. NOW UPDATED. Popular ideas about happiness are misleading, inaccurate, and are directly contributing to our current epidemic of stress, anxiety and depression. And unfortunately, popular psychological approaches are making it even worse! In this easy-to-read, practical and empowering self-help book, Dr Russ Harris, reveals how millions of people are unwittingly caught in the 'The Happiness Trap', where the more they strive for happiness the more they suffer in the long term. He then provides an effective means to escape through the insights and techniques of ACT (Acceptance and Commitment Therapy), a groundbreaking new approach based on mindfulness skills. By clarifying your values and developing mindfulness (a technique for living fully in the present moment), ACT helps you escape the happiness trap and find true satisfaction in life. Mindfulness skills are easy to learn and will rapidly and effectively help you to reduce stress, enhance performance, manage emotions, improve health, increase vitality, and generally change your life for the better. The book provides scientifically proven techniques to: reduce stress and worry; rise above fear, doubt and insecurity; handle painful thoughts and feelings far more effectively; break self-defeating habits; improve performance and find fulfillment in your work; build more satisfying relationships; and, create a rich, full and meaningful life.

act choice point worksheet: *The ACT Matrix* Kevin L. Polk, Benjamin Schoendorff, 2014-03. If you are an ACT practitioner or mental health professional, this eagerly awaited resource is an essential addition to your professional library. Acceptance and commitment therapy (ACT) is an evidence-based therapy that has been successful in treating a variety of psychological issues, such as anxiety, depression, substance abuse, trauma, eating disorders, and more. In contrast to other treatment options, ACT has proven extremely effective in helping clients who are “stuck” in unhealthy thought patterns by encouraging them align their values with their thoughts and actions. However, the ACT model is complex, and it's not always easy to use. Traditionally, ACT is delivered with a focus around six core processes that are often referred to as the hexaflex: cognitive defusion, acceptance, contact with the present moment, observing the self, values, and committed action. Each of these core processes serves a specific function, but they are often made more complex than needed in both theory and in practice. So what if there was a way to simplify ACT in your sessions with clients? Edited by clinical psychologists and popular ACT workshop leaders Kevin L. Polk and Benjamin Schoendorff, *The ACT Matrix* fuses the six core principles of acceptance and commitment therapy (ACT) into a simplified, easy-to-apply approach that focuses on client actions and behavior as workable or unworkable, rather than good or bad. Most importantly, you'll learn how this innovative approach can be used to deliver ACT more effectively in a variety of settings and contexts, even when clients are resistant or unmotivated to participate. This is the first book to utilize the ACT Matrix model, and it is a must-read for any ACT practitioner looking to streamline his or her therapeutic approach.

act choice point worksheet: *Trauma-Focused ACT* Russ Harris, 2021-12-01. “Trauma-Focused ACT is going to go down as one of the great contributions to the field of trauma-informed care.” —Kirk Strosahl PhD, cofounder of ACT. Trauma-Focused ACT (TFACT) provides a flexible, comprehensive model for treating the entire spectrum of trauma-related issues, including post-traumatic stress disorder (PTSD), addiction, depression, anxiety disorders, moral injury, chronic pain, shame, suicidality, insomnia, complicated grief, attachment issues, sexual problems, and more. Written by internationally acclaimed ACT trainer, Russ Harris, this textbook is for practitioners at all levels of experience, and offers exclusive access to free downloadable resources—including scripts, videos, MP3s, handouts, and worksheets. Discover cutting-edge strategies for healing the past, living

in the present, and building a new future. With this compassion-based, exposure-centered approach, you'll learn how to help your clients: Find safety and security in their bodies Overcome hyperarousal and hypoarousal Break free from dissociation Shift from self-hatred to self-compassion Rapidly ground themselves and reengage in life Unhook from difficult cognitions and emotions Develop an integrated sense of self Resolve traumatic memories through flexible exposure Connect with and live by their values Experience post-traumatic growth

act choice point worksheet: Healthy Habits Suck Dayna Lee-Baggley, 2019-07-01 A realistic read that will prod even the most stubborn fast-food eating couch potato to take action toward a healthier lifestyle. —Library Journal Salad instead of steak? Working out? Skipping that second beer or glass of wine? Healthy habits are THE WORST. If you're someone who gets up every morning and can't wait for your run, considers eating sweet potatoes a splurge, and sets aside thirty minutes before work to meditate—this book isn't for you. If you're someone who thinks about getting up to go for a run but goes back to sleep, regrets last night's dinner of fast food, and can barely get to work on time—let alone meditate—then this book will help you find the motivation you've been looking for to live your healthiest life, even when you don't want to. With this funny, in-your-face guide, you won't find advice on how to "enjoy" exercise, or tips for making broccoli and kale taste as good as donuts and ice cream. What you will find are solid skills to help you actually do the healthy things you know you should be doing. Using these skills—based in acceptance and commitment therapy (ACT) and neuroscience—you'll learn to find the motivation you're really craving to adopt healthy habits, even if they do suck. You'll also discover how to accept self-criticism, develop self-compassion, and live a more meaningful life. This book not only acknowledges that many healthy habits suck, it uses science to explain why we want the things we want (junk food), crave the things we crave (sugar), and dislike the things we dislike (exercise). At the end, you'll feel validated in feeling like these things are the absolute worst. But you'll also find the motivation to do them anyway.

act choice point worksheet: The ACT Workbook for Teens with OCD Patricia Zurita Ona, Psy.D, 2019-12-19 This workbook, based on Acceptance and Commitment Therapy (ACT) and Exposure Response Prevention (ERP), teaches teens with OCD new skills to handle the stream of pesky obsessions that show up in their mind. It presents the Choice Point - a tool to help teens choose how to handle those tricky moments when dealing with unwanted thoughts. Chapter by chapter, teens learn powerful skills to unhook from their obsessions, including exposure exercises and strategies for accepting their emotions, and complete activities to help them overcome their compulsions, avoidant behaviors, and requests for accommodations. With real-life examples and tons of fun activities, this workbook shows that fears, worry and nervousness are a part of life and gives teens the skills to choose how to respond to their obsessions and move towards the stuff they really care about. Making applying ACT and ERP skills fun, it encourages them to face their fears and live life to the full.

act choice point worksheet: The ACT Approach Timothy Gordon, Jessica Borushok, 2017-07-25 Annotation Clearly written, entertaining, informative, and very clinically focused. Kirk Strosahl, PhD, cofounder of Acceptance and Commitment Therapy The ACT Approach is the ultimate Acceptance and Commitment Therapy (ACT) resource all clinicians need to move their clients and therapy forward. Combining the foundational knowledge of ACT with practical guidance, strategies, and techniques, you can begin to use ACT immediately with any client that walks through your door. Highly recommended by other ACT experts, this workbook is filled with unique tools you won't find anywhere else: * Reproducible handouts & worksheets * Mindfulness scripts * Experiential exercises * Transcripts from therapy sessions with line by line analysis Includes specific case examples and treatment strategies for: * Anxiety Disorders * Depression * Chronic Pain * PTSD * OCD * Substance Use * Borderline Personality Disorder * Adults, Children, Couples, Families, and Groups!

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Kent D. Drescher, Jacob K. Farnsworth, 2020-06-01 Introducing the first self-help workbook for moral injury, featuring a powerful approach grounded in acceptance and commitment therapy (ACT) to help you heal in the midst of moral pain and connect with a deeper sense of meaning and purpose. If you've experienced, witnessed, or failed to prevent an act that violates your own deeply held values—such as harming someone in an automobile accident, or failing to save someone from a dangerous situation—you may suffer from moral injury, an enduring psychological and spiritual pain that is often accompanied by post-traumatic stress disorder (PTSD), depression, substance abuse, and other mental health conditions. In order to begin healing, you need to (re)connect with your values and what really matters to you as a human being. Written by a renowned team of PTSD and trauma professionals, this workbook can help. The Moral Injury Workbook is the first workbook of its kind to offer a powerful step-by-step program to help you move beyond moral pain. With this guide, you'll learn to work through difficult thoughts, emotions, and spiritual troubles; (re)connect with your deeply held sense of self, values, or spiritual beliefs; and gain the psychological flexibility you need to begin healing and live a full and meaningful life. Links to downloadable worksheets for veterans and clinicians are also included. Whether you've experienced moral injury yourself, work in the field of mental health, or are a pastoral advisor seeking new ways to help facilitate moral healing, this workbook is an effective and much-needed resource.

act choice point worksheet: Model Rules of Professional Conduct American Bar Association. House of Delegates, Center for Professional Responsibility (American Bar Association), 2007 The Model Rules of Professional Conduct provides an up-to-date resource for information on legal ethics. Federal, state and local courts in all jurisdictions look to the Rules for guidance in solving lawyer malpractice cases, disciplinary actions, disqualification issues, sanctions questions and much more. In this volume, black-letter Rules of Professional Conduct are followed by numbered Comments that explain each Rule's purpose and provide suggestions for its practical application. The Rules will help you identify proper conduct in a variety of given situations, review those instances where discretionary action is possible, and define the nature of the relationship between you and your clients, colleagues and the courts.

act choice point worksheet: ACT Made Simple Russ Harris, 2019-05-01 NOTE FROM THE PUBLISHER: Due to the recent illegal counterfeiting of this book, we cannot guarantee book quality when purchased through third-party sellers. Now fully-revised and updated, this second edition of ACT Made Simple includes new information and chapters on self-compassion, flexible perspective taking, working with trauma, and more. Why is it so hard to be happy? Why is life so difficult? Why do humans suffer so much? And what can we realistically do about it? No matter how rewarding your job, as a mental health professional, you may sometimes feel helpless in the face of these questions. You are also well aware of the challenges and frustrations that can present during therapy. If you're looking for ways to optimize your client sessions, consider joining the many thousands of therapists and life coaches worldwide who are learning acceptance and commitment therapy (ACT). With a focus on mindfulness, client values, and a commitment to change, ACT is proven-effective in treating depression, anxiety, stress, addictions, eating disorders, schizophrenia, borderline personality disorder (BPD), and myriad other psychological issues. It's also a revolutionary new way to view the human condition—packed full of exciting new tools, techniques, and strategies for promoting profound behavioral change. A practical primer, ideal for ACT newcomers and experienced ACT professionals alike, ACT Made Simple offers clear explanations of the six ACT processes and a set of real-world tips and solutions for rapidly and effectively implementing them in your practice. This book gives you everything you need to start using ACT with your clients for impressive results. Inside, you'll find: scripts, exercises, metaphors, and worksheets to use with your clients; a session-by-session guide to implementing ACT; transcripts from therapy sessions; guidance for creating your own therapeutic techniques and exercises; and practical tips to overcome "therapy roadblocks." This book aims to take the complex theory and practice of ACT and make it accessible and enjoyable for therapists and clients.

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a comprehensive guide to a powerful, evidence-based approach to psychological well-being--full of tools, techniques, and strategies to maximize human potential for a rich and meaningful life.

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act choice point worksheet: ACT on Life Not on Anger Georg H. Eifert, John P. Forsyth, Matthew McKay, 2006-03-03 Drop the Rope in Your Tug-of-War with Anger If you've tried to control problem anger before with little success, this book offers you a fundamentally new approach and new hope. Instead of struggling even harder to manage or eliminate your anger, you can stop anger feelings from determining who you are and how you live your life. Based on a revolutionary psychological approach called acceptance and commitment therapy (ACT), the techniques in ACT on Life Not on Anger can help you let go of anger and start living your life to the fullest. Your path begins as you learn to accept your angry feelings as they occur, without judging or trying to manage them. Then, using techniques based in mindfulness practice, you'll discover how to observe your feelings of anger without acting on them. Value-identification exercises help you figure out what truly matters to you so that you can commit to short- and long-term goals that turn your values into reality. In the process, anger will lose power over your life-and, amazingly, you'll gain control over your life by simply letting go of your angry feelings.

act choice point worksheet: *The Matching Law* Richard J. Herrnstein, 1997 This impressive collection features Richard Herrnstein's most important and original contributions to the social and behavioral sciences--his papers on choice behavior in animals and humans and on his discovery and elucidation of a general principle of choice called the matching law. In recent years, the most popular theory of choice behavior has been rational choice theory. Developed and elaborated by economists over the past hundred years, it claims that individuals make choices in such a way as to maximize their well-being or utility under whatever constraints they face; that is, people make the best of their situations. Rational choice theory holds undisputed sway in economics, and has become an important explanatory framework in political science, sociology, and psychology. Nevertheless, its empirical support is thin. The matching law is perhaps the most important competing explanatory account of choice behavior. It views choice not as a single event or an internal process of the organism but as a rate of observable events over time. It states that instead of maximizing utility, the organism allocates its behavior over various activities in exact proportion to the value derived from each activity. It differs subtly but significantly from rational choice theory in its predictions of how people exert self-control, for example, how they decide whether to forgo immediate pleasures for larger but delayed rewards. It provides, through the primrose path hypothesis, a powerful explanation of alcohol and narcotic addiction. It can also be used to explain biological phenomena, such as genetic selection and foraging behavior, as well as economic decision making.

act choice point worksheet: ACT for Treating Children Tamar D. Black, 2022-05-01 Written

by an experienced educational and developmental psychologist, ACT for Treating Children offers clinicians clear, practical, brief, and developmentally appropriate strategies grounded in acceptance and commitment therapy (ACT) to help children ages 5 to 12 learn effective coping skills, manage emotions, and bounce back from life's difficulties. If you treat children struggling with mental health conditions such as depression or anxiety, you know that approaches designed for adults do not work with younger clients. ACT for Treating Children presents skills grounded in evidence-based ACT to help children regulate emotions and cope with the inevitable ups and downs of life, and is suitable for clinicians with no prior knowledge of or training in ACT, as well as seasoned ACT clinicians. This practical clinician's guide outlines a simplified version of the ACT Hexaflex—a key component of this treatment model—called the Kidflex, to help young clients build resilience and psychological flexibility. You'll also find detailed case studies, transcripts, activities, experiential exercises, worksheets, and session plans to help you develop the skillset you need to help children overcome disorders such as stress, anxiety and depression. Finally, you'll find strategies for involving parents in treatment when appropriate, and enlisting them as 'ACT coaches' in the child's therapy. It can be difficult to know where to start when using ACT for individual therapy with children. That's why the skills in this go-to guide are practical and easy-to-implement, can be done with children in both face-to-face therapy and online sessions, and are simple enough for children to put into practice in any setting—whether it's at home, in school, or out in the world.

act choice point worksheet: ACT for Psychosis Recovery Emma K. O'Donoghue, Eric M.J. Morris, Joseph E. Oliver, Louise C. Johns, 2018-03-01 ACT for Psychosis Recovery is the first book to provide a breakthrough, evidence-based, step-by-step approach for group work with clients suffering from psychosis. As evidenced in a study by Patricia A. Bach and Steven C. Hayes, patients with psychotic symptoms who received acceptance and commitment therapy (ACT) in addition to treatment as usual showed half the rate of rehospitalization as those who did not. With this important guide, you'll learn how a patient's recovery can be both supported and sustained by promoting acceptance, mindfulness, and values-driven action. The journey of personal recovery from psychosis is immensely challenging. Patients often struggle with paranoia, auditory hallucinations, difficulties with motivation, poor concentration and memory, and emotional dysregulation. In addition, families and loved ones may have trouble understanding psychosis, and stigmatizing attitudes can limit opportunity and create alienation for patients. True recovery from psychosis means empowering patients to take charge of their lives. Rather than focusing on pathology, ACT teaches patients how to stay grounded in the present moment, disengage from their symptoms, and pursue personally meaningful lives based on their values. In this groundbreaking book, you will learn how to facilitate ACT groups based on a central metaphor (Passengers on the Bus), so that mindfulness and values-based action are introduced in a way that is engaging and memorable. You will also find tips and strategies to help clients identify valued directions, teach clients how to respond flexibly to psychotic symptoms, thoughts, and emotions that have been barriers to living a valued life, and lead workshops that promote compassion and connection among participants. You'll also find tried and tested techniques for engaging people in groups, particularly those traditionally seen as "hard to reach"—people who may be wary of mental health services or experience paranoia. And finally, you'll gain skills for engaging participants from various ethnic backgrounds. Finding purpose and identity beyond mental illness is an important step in a patient's journey toward recovery. Using the breakthrough approach in this book, you can help clients gain the insight needed to achieve lasting well-being.

act choice point worksheet: The Confidence Gap Russ Harris, 2011-09-13 Drawing on Acceptance and Commitment Therapy and mindfulness practices, this guide offers breakthrough insights and simple techniques for developing deep-seated, long-lasting confidence Too many of us miss out on opportunities in life because we lack self-confidence. Whether it's public speaking, taking on a leadership role, or asking someone for a date, there are situations in which we just don't feel equipped to handle the challenges we face. Russ Harris offers a surprising solution to low self-confidence, shyness, and insecurity: Rather than trying to "get over" our fears, he says, the

secret is to form a new and wiser relationship with them. Paradoxically, it's only when we stop struggling against our fearfulness that we begin to find lasting freedom from it. Drawing on the techniques of Acceptance and Commitment Therapy (ACT), a cutting-edge form of cognitive-behavioral therapy, The Confidence Gap explains how to: • Free yourself from common misconceptions about what confidence is and how to build it • Transform your relationship with fear and anxiety • Clarify your core values and use them as your inspiration and motivation • Use mindfulness to effectively handle negative thoughts and feelings. "This book could save you years of psychological struggle, yank you out of negative emotional patterns, and help propel you to a much happier, more productive life." —Martha Beck, author and Oprah Winfrey's life coach

act choice point worksheet: The Mindfulness and Acceptance Workbook for Anxiety John P. Forsyth, Georg H. Eifert, 2016-04-01 Is anxiety and fear a problem for you? Have you tried to win the war with your anxious mind and body, only to end up feeling frustrated, powerless, and stuck? If so, you're not alone. But there is a way forward, a path into genuine happiness, and a way back into living the kind of life you so desperately want. This workbook will help you get started on this new journey today! Now in its second edition, The Mindfulness and Acceptance Workbook for Anxiety offers a new approach to your anxiety, fears, and your life. Within its pages, you'll find a powerful and tested set of tools and strategies to help you gain freedom from fear, trauma, worry, and all the many manifestations of anxiety and fear. The book offers an empowering approach to help you create the kind of life you so desperately want to live. Based on a revolutionary approach to psychological health and wellness called acceptance and commitment therapy (ACT), this fully revised and updated second edition offers compelling new exercises to help you create the conditions for your own genuine happiness and peace of mind. You'll learn how your mind can trap you, keeping you stuck and struggling in anxiety and fear. You'll also discover ways to nurture your capacity for acceptance, mindfulness, kindness, and compassion, and use these qualities to weaken the power of anxiety and fear so that you can gain the space to do what truly matters to you. Now is the time. Nobody chooses anxiety. And there is no healthy way to "turn off" anxious thoughts and feelings like a light switch. But you can learn to break free from the shackles of anxiety and fear and take back your life. The purpose of this workbook is to help you do just that. Your life is calling on you to make that choice, and the skills in this workbook can help you make it happen. You can live better, more fully, and more richly with or without anxiety and fear. This book will show you the way. -- Recent studies support for the effectiveness of ACT-based self-help workbooks as a low-cost treatment for people experiencing anxiety. (Ritzert, T., Forsyth, J. P., Berghoff, C. R., Boswell, J., & Eifert, G. H. (2016). Evaluating the effectiveness of ACT for anxiety disorders in a self-help context: Outcomes from a randomized wait-list controlled trial. Behavior Therapy, 47, 431-572.)

act choice point worksheet: Living Beyond Your Pain JoAnne Dahl, Tobias Lundgren, 2006 Using mindfulness-based techniques and cognitive behavioral tools, a leading expert on the use of acceptance and commitment therapy (ACT) teaches readers to transcend the experience of chronic pain by reconnecting with other, more valued aspects of their lives.

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alike, the exercises in *The Big Book of Conflict-Resolution Games* delivers everything you need to make your workplace more efficient, effective, and engaged.

act choice point worksheet: Getting Unstuck in ACT Russ Harris, 2013-07-01 Acceptance and commitment therapy (ACT) is a powerful, evidence-based treatment for clients struggling with depression, anxiety, addiction, eating disorders, and a host of other mental health conditions. It is based in the belief that the road to lasting happiness and well-being begins with accepting our thoughts, rather than trying to change them. However, ACT can present certain roadblocks during treatment. As a mental health professional, you may adopt basic principles of ACT easily, but it generally takes at least two or three years of hard work and ongoing study to become truly fluid in the model. During that time, you will probably find yourself stuck at some point, and so will your clients. In *Getting Unstuck in ACT*, psychotherapist and bestselling author of *ACT Made Simple*, Russ Harris, provides solutions for overcoming the most common roadblocks in ACT. In the book, you will learn how to deal with reluctant or unmotivated clients, as well as how to get past certain theoretical aspects of ACT that some clients may find confusing. This book will help clients deal with sticky dilemmas and unsolvable problems, and will help simplify key ACT concepts to help you break down psychological barriers. Other common problems with ACT that the book addresses are inconsistencies and sending mixed messages, talking and explaining ACT instead of doing it, being too eager to treat a client, being a Mr. Nice Guy or Ms. Nice Girl, or putting too much focus on one process while neglecting others. The chapters of the book are based in real life scenarios that take place between therapist and client, and the author provides feedback by analyzing mistakes in what was said and where improvements could be made. As more and more mental health professionals incorporate ACT into their practice, it is increasingly necessary to have a guide that offers them effective solutions to common ACT roadblocks. For that reason, this book is a must-have for any ACT therapist.

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and uses objective criteria to help two parties reach an agreement.

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act choice point worksheet: Learning ACT for Group Treatment Darrah Westrup, M. Joann Wright, 2017-06-01 For many clients, group therapy is a more practical treatment option than one-on-one therapy sessions. The financial cost of group therapy is substantially less than individual therapy, and research shows it can be just as effective. However, group therapy also presents unique challenges, and is often more difficult to administer. That's why professionals need a solid plan of action when using group therapy to treat clients. In recent years, acceptance and commitment therapy (ACT) has gained immense popularity. Based in values, mindfulness, and committed action, this therapeutic model has proven successful in treating a number of psychiatric disorders, including anxiety, depression, stress, addictions, eating disorders, trauma, and relationship problems. However, despite the popularity of this modality, there are very limited resources available when it comes to applying ACT in a group setting. Learning ACT for Group Treatment is a comprehensive, powerful manual for clinicians, therapists, and counselors looking to implement ACT in group therapy with clients. A composite of stand-alone sessions, the book provides detailed explanations of each of the core ACT processes, printable worksheets, tips on group session formatting, and a wide range of activities that foster willingness, cooperation, and connection among participants. In the book, professionals will see how the benefits of ACT can actually be enhanced in a group setting, particularly because there are more participants for ACT exercises. This leads to increased accountability among clients, and allows them to play both an active role and the role of the observer during treatment. The book also includes concrete tips for applying ACT to a number of treatment scenarios, including inpatient group therapy, partial hospitalization programs, outpatient programs, and community self-help groups. With detailed exercises and group activities, this book has everything therapists need to start using ACT in group settings right away.

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accessible style and motivate concepts using real-world examples. Throughout, they use stories to uncover connections between the fundamental distributions in statistics and conditioning to reduce complicated problems to manageable pieces. The book includes many intuitive explanations, diagrams, and practice problems. Each chapter ends with a section showing how to perform relevant simulations and calculations in R, a free statistical software environment.

act choice point worksheet: *Anger Management for Substance Abuse and Mental Health Clients* Patrick M. Reilly, 2002

act choice point worksheet: *ACT for Adolescents* Sheri L. Turrell, Mary Bell, 2016-05-01 In this much-needed guide, a clinical psychologist and a social worker provide a flexible, ten-week protocol based in acceptance and commitment therapy (ACT) to help adolescents overcome mental health hurdles and thrive. If you're a clinician working with adolescents, you understand the challenges this population faces. But sometimes it can be difficult to establish connection in therapy. To help, ACT for Adolescents offers the first effective professional protocol for facilitating ACT with adolescents in individual therapy, along with modifications for a group setting. In this book, you'll find invaluable strategies for connecting meaningfully with your client in session, while at the same time arriving quickly and safely to the clinical issues your client is facing. You'll also find an overview of the core processes of ACT so you can introduce mindfulness into each session and help your client choose values-based action. Using the protocol outlined in this book, you'll be able to help your client overcome a number of mental health challenges from depression and anxiety to eating disorders and trauma. If you work with adolescent clients, the powerful and effective step-by-step exercises in this book are tailored especially for you. This is a must-have addition to your professional library. This book includes audio downloads.

act choice point worksheet: *The Feather Thief* Kirk Wallace Johnson, 2018-04-24 As heard on NPR's *This American Life* "Absorbing . . . Though it's non-fiction, *The Feather Thief* contains many of the elements of a classic thriller." —Maureen Corrigan, NPR's *Fresh Air* "One of the most peculiar and memorable true-crime books ever." —Christian Science Monitor A rollicking true-crime adventure and a captivating journey into an underground world of fanatical fly-tiers and plume peddlers, for readers of *The Stranger in the Woods*, *The Lost City of Z*, and *The Orchid Thief*. On a cool June evening in 2009, after performing a concert at London's Royal Academy of Music, twenty-year-old American flautist Edwin Rist boarded a train for a suburban outpost of the British Museum of Natural History. Home to one of the largest ornithological collections in the world, the Tring museum was full of rare bird specimens whose gorgeous feathers were worth staggering amounts of money to the men who shared Edwin's obsession: the Victorian art of salmon fly-tying. Once inside the museum, the champion fly-tier grabbed hundreds of bird skins—some collected 150 years earlier by a contemporary of Darwin's, Alfred Russel Wallace, who'd risked everything to gather them—and escaped into the darkness. Two years later, Kirk Wallace Johnson was waist high in a river in northern New Mexico when his fly-fishing guide told him about the heist. He was soon consumed by the strange case of the feather thief. What would possess a person to steal dead birds? Had Edwin paid the price for his crime? What became of the missing skins? In his search for answers, Johnson was catapulted into a years-long, worldwide investigation. The gripping story of a bizarre and shocking crime, and one man's relentless pursuit of justice, *The Feather Thief* is also a fascinating exploration of obsession, and man's destructive instinct to harvest the beauty of nature.

act choice point worksheet: *Learning ACT* Jason B. Luoma, Steven C. Hayes, Robyn D. Walser, 2017-12-01 Acceptance and commitment therapy (ACT) is among the most remarkable developments in contemporary psychotherapy. This second edition of the pioneering ACT skills-training manual for clinicians provides a comprehensive update—essential for both experienced practitioners and those new to using ACT and its applications. ACT is a proven-effective treatment for numerous mental health issues, including depression, anxiety, stress, addictions, eating disorders, schizophrenia, borderline personality disorder, and more. With important revisions based on new developments in contextual behavioral science, *Learning ACT, Second Edition* includes up-to-date exercises and references, as well as material on traditional, evidence-based

behavioral techniques for use within the ACT framework. In this fully revised and updated edition of Learning ACT, you'll find workbook-format exercises to help you understand and take advantage of ACT's unique six process model—both as a tool for diagnosis and case conceptualization, and as a basis for structuring treatments for clients. You'll also find up-to-the-minute information on process coaching, new experiential exercises, an increased focus on functional analysis, and downloadable extras that include role-played examples of the core ACT processes in action. By practicing the exercises in this workbook, you'll learn how this powerful modality can improve clients' psychological flexibility and help them to live better lives. Whether you're a clinician looking for in-depth training and better treatment outcomes for individual clients, a student seeking a better understanding of this powerful modality, or anyone interested in contextual behavioral science, this second edition provides a comprehensive revision to an important ACT resource.

act choice point worksheet: The Piano Shop on the Left Bank Thad Carhart, 2002-03-12 Walking his two young children to school every morning, Thad Carhart passes an unassuming little storefront in his Paris neighborhood. Intrigued by its simple sign—Desforgues Pianos—he enters, only to have his way barred by the shop's imperious owner. Unable to stifle his curiosity, he finally lands the proper introduction, and a world previously hidden is brought into view. Luc, the atelier's master, proves an indispensable guide to the history and art of the piano. Intertwined with the story of a musical friendship are reflections on how pianos work, their glorious history, and stories of the people who care for them, from amateur pianists to the craftsmen who make the mechanism sing. The Piano Shop on the Left Bank is at once a beguiling portrait of a Paris not found on any map and a tender account of the awakening of a lost childhood passion. Praise for The Piano Shop on the Left Bank: "[Carhart's] writing is fluid and lovely enough to lure the rustiest plunker back to the piano bench and the most jaded traveler back to Paris." —San Francisco Chronicle "Captivating . . . [Carhart] joins the tiny company of foreigners who have written of the French as verbs. . . . What he tries to capture is not the sight of them, but what they see." —The New York Times "Thoroughly engaging . . . In part it is a book about that most unpredictable and pleasurable of human experiences, serendipity. . . . The book is also about something more difficult to pin down, friendship and community." —The Washington Post "Carhart writes with a sensuousness enhanced by patience and grounded by the humble acquisition of new insight into music, his childhood, and his relationship to the city of Paris." —The New Yorker NAMED ONE OF THE BEST BOOKS OF THE YEAR BY THE WASHINGTON POST BOOK WORLD

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Buck's in the elevator? Just as Will's trying to think this through, the door to the next floor opens. A teenage girl gets on, waves away the smoke from Dead Buck's cigarette. Will doesn't know her, but she knew him. Knew. When they were eight. And stray bullets had cut through the playground, and Will had tried to cover her, but she was hit anyway, and so what she wants to know, on that fifth floor elevator stop, is, what if Will, Will with the gun shoved in the back waistband of his jeans, MISSES. And so it goes, the whole long way down, as the elevator stops on each floor, and at each stop someone connected to his brother gets on to give Will a piece to a bigger story than the one he thinks he knows. A story that might never know an END...if Will gets off that elevator. Told in short, fierce staccato narrative verse, *Long Way Down* is a fast and furious, dazzlingly brilliant look at teenage gun violence, as could only be told by Jason Reynolds.

act choice point worksheet: *The Mindfulness and Acceptance Workbook for Social Anxiety and Shyness* Jan E. Fleming, Nancy L. Kocovski, 2013-06-01 Shyness is a common problem that comes with a high price. If you suffer from shyness or social anxiety you might avoid social situations and may have trouble connecting with others due to an extreme fear of humiliation, rejection, and judgment. As a shy person, you may also experience panic attacks that make it even more likely that you'll avoid social situations. With *The Mindfulness and Acceptance Workbook for Social Anxiety and Shyness*, the authors' acceptance and commitment therapy (ACT) program for overcoming shyness has become available to the public for the first time. This program has been found to be highly effective in research studies for the treatment of social anxiety disorder and related subclinical levels of shyness. In the first section, you will confront performance fears, test anxiety, shy bladder, and interpersonal fears—fundamental symptoms of social anxiety. The second part helps you learn psychological flexibility to improve your ability to accept the feelings, thoughts, and behavior that may arise as you learn to work past your anxiety. By keeping your values front and center, you will gradually learn to move beyond your fears and toward greater social confidence. This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit — an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

act choice point worksheet: *DBT? Skills Training Manual, Second Edition* Marsha Linehan, 2014-10-20 Preceded by: Skills training manual for treating borderline personality disorder / Marsha M. Linehan. c1993.

act choice point worksheet: *The Big Book of ACT Metaphors* Jill A. Stoddard, Niloofar Afari, 2014-04-01 Metaphors and exercises play an incredibly important part in the successful delivery of acceptance and commitment therapy (ACT). These powerful tools go far in helping clients connect with their values and give them the motivation needed to make a real, conscious commitment to change. Unfortunately, many of the metaphors that clinicians use have become stale and ineffective. That's why you need fresh, new resources for your professional library. In this breakthrough book, two ACT researchers provide an essential A-Z resource guide that includes tons of new metaphors and experiential exercises to help promote client acceptance, defusion from troubling thoughts, and values-based action. The book also includes scripts tailored to different client populations, and special metaphors and exercises that address unique problems that may sometimes arise in your therapy sessions. Several ACT texts and workbooks have been published for the treatment of a variety of psychological problems. However, no one resource exists where you can find an exhaustive list of metaphors and experiential exercises geared toward the six core elements of ACT. Whether you are treating a client with anxiety, depression, trauma, or an eating disorder, this book will provide you with the skills needed to improve lives, one exercise at a time. With a special foreword by ACT cofounder Steven C. Hayes, PhD, this book is a must-have for any ACT Practitioner.

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