

## McKay Values Clarification Worksheet

1. Intimate Relationships Intention: Barrier:	I = ____ A = ____
2. Parenting Intention: Barrier:	I = ____ A = ____
3. Education/learning Intention: Barrier:	I = ____ A = ____
4. Friends/social life Intention: Barrier:	I = ____ A = ____
5. Physical self-care/health Intention: Barrier:	I = ____ A = ____
6. Family of origin Intention: Barrier:	I = ____ A = ____
7. Spirituality Intention: Barrier:	I = ____ A = ____
8. Community life/citizenship Intention: Barrier:	I = ____ A = ____
9. Recreation/leisure Intention: Barrier:	I = ____ A = ____
10. Work/career Intention: Barrier:	I = ____ A = ____
11. _____ Intention: Barrier:	I = ____ A = ____
12. _____ Intention: Barrier:	I = ____ A = ____

I = Importance – Rate:  
 0 – unimportant  
 1 – moderately important  
 2 – very important

A = Action: How much action did you take in the last 7 days toward your value? Rate:  
 0 – no action  
 1 – one or two actions  
 2 – three or four actions  
 3 – five or more

# CREATIVE HOPELESSNESS HANDOUT

What have you tried?	Short-term Results	Long-term Results	What does this tell you?

## **Exercise: Emotion Exposure**

As soon as you start feeling the emotion you've chosen to work on, do the following procedure.

You can either read the instructions to yourself or record and listen to them.

### **Instructions**

Take three or four deep diaphragmatic breaths. Notice how the breath feels in your throat, as it fills your lungs, and as it stretches your diaphragm. While breathing slowly, notice how you feel inside your body, particularly your stomach and chest. Notice your neck and shoulders and face. [Pause here for a few seconds if you are recording the instructions.]

Now notice how you feel emotionally. Just keep your attention on the feeling till you have a sense of it. Describe that feeling to yourself. Label it. Notice the strength of the feeling. Find words to describe the intensity. Notice if the emotion is growing or diminishing. If the emotion were a wave, at what point of the wave are you now—ascending on the leading edge, on the crest, beginning to slide down the far side? [Pause here for a few seconds if you are recording the instructions.]

Now notice any changes in the feeling. Are there other emotions beginning to weave into the first one? Describe to yourself any new emotions that have appeared. Just keep watching and looking for words to describe the slightest change in the quality or intensity of your feelings. [Pause here for a few seconds if you are recording the instructions.]

As you continue to watch, you may notice a need to block the emotion, to push it away. That's normal, but try to keep watching your emotions for just a little while longer. Just keep describing to yourself what you feel and noticing any changes. [Pause here for a few seconds if you are recording the instructions.]

Notice what it's like not to act on your feelings, not to blow up or avoid, not to hurt yourself. Just be aware of the feeling without action, watching but not doing.

Remind yourself that this is a wave that passes, like countless other emotional waves in your life. Waves come and go. There are many times when you've felt good. Soon this wave will pass, and you will feel, again, a period of calm. Watch the wave and let it slowly pass.

If judgment—about yourself or another—arises, notice it and let it go. If you have a judgment about feeling this emotion, notice it and let it go. As best you can, try to accept this feeling. It is just one of life's struggles.

Stay aware of your emotions just a little longer. If they are changing, let them change. Describe to yourself what you feel. Keep watching until the emotion either changes or diminishes. [Pause here for a few seconds if you are recording the instructions.]

Finish the exercise with a few minutes of mindful breathing—counting your breaths and focusing on the experience of each breath.

We encourage you to do emotion exposure for brief periods at first—perhaps as little as five minutes. As you become more used to focusing on feelings, you will be able to tolerate emotion exposure for longer periods. Always be sure to end exposure with mindful breathing because it will soften high-intensity feelings and help to relax you. It will also strengthen mindfulness skills and increase your confidence in your effectiveness.

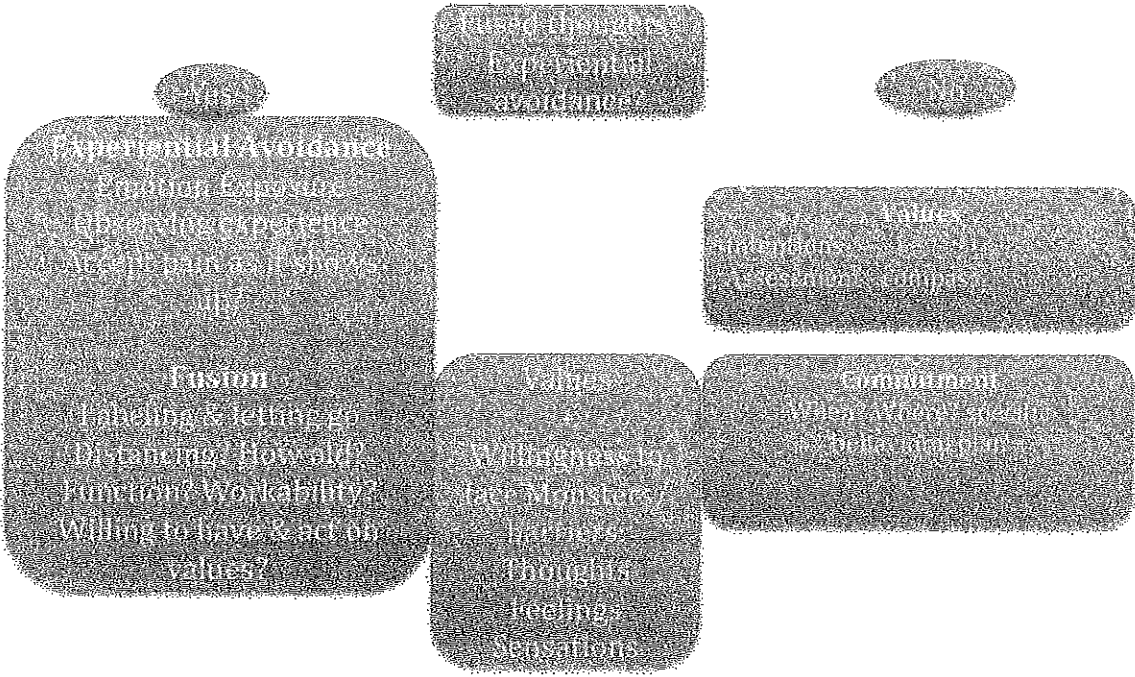
Remember, the key steps to doing the Emotion Exposure exercise are:

- Focus on your breathing.
- Notice how you feel inside your body.
- Notice and describe your emotion.
- Notice if the feeling is growing or diminishing; see it like a wave.
- Describe any new emotions or changes in quality.
- Notice any need to block the emotion, but keep watching.
- Notice impulses to act on your emotion, but keep watching without acting.
- Notice judgments (about self, others, or the emotion itself), and let them go.
- Keep watching until the emotion either changes or diminishes.
- Finish with a few minutes of mindful breathing.

# BARRIERS/INTERVENTION WORKSHEET

Hexaflex component	Intervention
Thoughts	<p>Defusion:            Thank you mind.            I'm having the thought...            How old is this thought?            Function: what's the function of that thought?            Workability            Label and let them go            Physicalyzing thoughts            Thought signs/thought cards.            It sounds like your mind is telling you to do things that your experience says doesn't work            If you were free to choose how to respond here, what would you like to do?</p>
Feelings (emotions/sensations)	<p>Mindful observation.            Verbalization of the feeling (focusing/based exposure).            Noticing and accepting.            Opening up...            Is there anything about how you're feeling, right here, right now that you would not be willing to feel?            What if the goal were not to feel good, but to feel it good?            Looks like the more you try to control this thing, the more uncontrollable it becomes. What about just letting it be what it is?</p>
Avoidance behaviors	<p>Workability: how is that behavior working for you?            Function: what's the function of that behavior?            What's that behavior in the service of?            Values: Are you having this? Or is it having you?            Is there anything in front of you here that you are not big enough to have?</p>
Lack of willingness	<p>What would make what you are going through here honorable and purposeful?            You don't have to do this perfectly—just get from point A to point B.            What do you want to stand for here?            Is there anything standing in the way of you and what you want to be about here?</p>

# TREATMENT OF CHOICE HANDOUT



## Defusion Skills Handout

### *Watching Thoughts*

- Mindful Focusing: Watch breath; when a thought comes up, say “there’s a thought”; return attention to the breath

### *Labeling Thoughts*

- “I’m having the thought that (say the thought)\_\_\_\_\_.”
- “I’m having a (type or category)\_\_\_\_\_ thought.”

### *Letting Go Of Thoughts*

- *Leaves on a stream* visualization
- *Billboards* visualization
- *Computer pop-up* visualization
- *Trains or boats* visualization
- *Physical letting go*: turning hand to “drop” thought

### *Watching, Labeling, and Letting Go Together*

- Label each thought, add a letting go exercise

### *Distancing from Thoughts*

- Thank you, Mind
- Negative label repetition
- Physicalizing thoughts: give them a color, size, shape, and texture
- Card Carrying: Write thoughts on a file card
- Wearing signs
- “How old is this thought?”
- “What’s the function of this thought?”
- “How’s this thought working?”
- “Would I be willing to have this thought and still do what I value?”