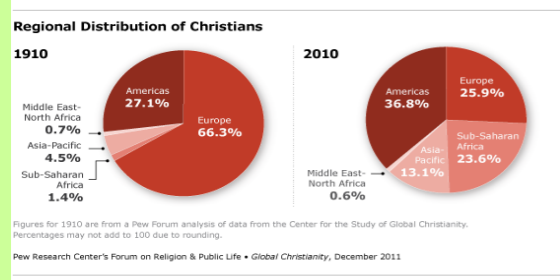


# DISSEMINATION OF ACT AMONGST SOUTH AFRICAN PUBLIC

## Reaching the Majority with 'ACT for Christians' Including feedback from a group member

For FULL SIZE zoom to 400

Religious Diversity Index (RDI) 2010 Figures for South Africa (Pew Research Center)									
Christian	Muslim	Unaffiliated	Hindu	Buddhist	Folk religion	Other	Jewish	Total pop	

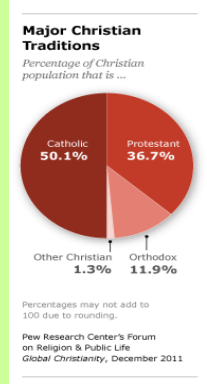


Country	ESTIMATED 2010 CHRISTIAN POPULATION	PERCENTAGE OF CHRISTIAN POPULATION	PERCENTAGE OF WORLD CHRISTIAN POPULATION
United States	240,700,000	79.5%	11.3%
Brazil	179,770,000	99.2	8.0
Russia	107,780,000	99.9	4.9
France	105,220,000	73.6	4.8
Philippines	96,790,000	93.1	4.0
Nigeria	80,510,000	50.8	3.7
China	67,070,000	5.0	3.1
UK/Germany	63,150,000	95.7	2.9
Germany	58,240,000	79.8	2.7
Ethiopia	52,580,000	63.4	2.4
Subtotal for the 10 Countries	1,043,680,000	40.4	47.8
Total for Rest of World	1,140,180,000	6.3	52.2
<b>World Total</b>	<b>2,184,060,000</b>	<b>33.7</b>	<b>100.0</b>

Population estimates are rounded to the ten thousands. Percentages are calculated from unrounded numbers. Figures may not add exactly due to rounding. See Appendix C for details on the range of estimates available for China.  
Pew Research Center's Forum on Religion & Public Life • Global Christianity, December 2011

Region	ESTIMATED 2010 CHRISTIAN POPULATION	TOTAL WORLD POPULATION	PERCENTAGE OF WORLD POPULATION	PERCENTAGE OF WORLD CHRISTIAN POPULATION
Global North	202,300,000	802,160,000	25.2%	82.2%
Global South	108,910,000	1,178,200,000	9.2	17.8
<b>World Total</b>	<b>311,210,000</b>	<b>1,780,360,000</b>	<b>17.4</b>	<b>100.0</b>

Source: Pew Forum analysis of data from the Center for the Study of Global Christianity. Figures for the rest of the world are calculated by subtracting the Global North population from the total. Percentages are calculated from unrounded numbers. Figures may not add exactly due to rounding.  
Pew Research Center's Forum on Religion & Public Life • Global Christianity, December 2011



Religious Preference in the United States	January-November 2011		January-November 2012	
	%	%	%	%
Protestant/Other Christian	52.5	51.9	52.5	51.9
Catholic	23.6	23.3	23.6	23.3
Mormon	1.9	2.1	1.9	2.1
Jewish	1.6	1.7	1.6	1.7
Muslim	0.5	0.6	0.5	0.6
Other non-Christian	2.4	2.6	2.4	2.6
No religious identity	15.0	15.0	15.0	15.0
No response given	2.5	2.2	2.5	2.2

Gallup Daily tracking  
GALLUP



Region	ESTIMATED 2010 CHRISTIAN POPULATION	PERCENTAGE OF CHRISTIAN POPULATION	PERCENTAGE OF WORLD CHRISTIAN POPULATION
Americas	165,800,000	95.9%	27.1%
Europe	405,760,000	94.5	66.3
Sub-Saharan Africa	8,560,000	9.1	1.4
Asia Pacific	27,510,000	2.7	4.5
Middle East-North Africa	4,070,000	9.5	0.7
<b>World Total</b>	<b>611,610,000</b>	<b>34.8</b>	<b>100.0</b>

Source: Pew Forum analysis of data from the Center for the Study of Global Christianity. Figures for the rest of the world are calculated by subtracting the Americas population from the total. Percentages are calculated from unrounded numbers. Figures may not add exactly due to rounding.  
Pew Research Center's Forum on Religion & Public Life • Global Christianity, December 2011

### COMPASSIONATE AWARENESS TRAINING

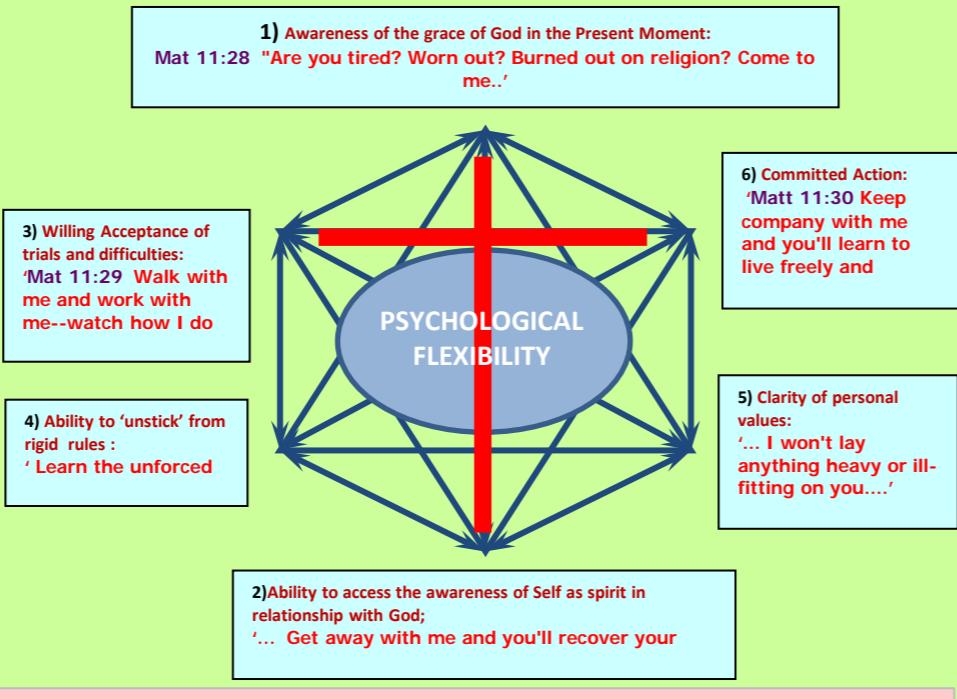
Before ACT ... I rarely lived in the present moment. ...I spent most of my time obsessively making plans to counteract lack of control... or I would incessantly play back (stuff) I regretted because I doubted myself. Now I can enjoy small things around me...my little girl's laughter, pretty colours, sunshine...(whilst I do occasionally worry about the future)... it is now within

...(it couldn't be 'Christian' to have all this pain...)...discounting my experience led to more self condemnation...simple acceptance .. was like a huge weight had been lifted from my shoulders... not achieved by coercive 'caring' and fixing by others..it helped me to willingly accept my pain in

...oh no, I've been struggling with that thought again! Why can't I stop? The bible says just be transformed by the renewing of your mind.....oh no I can't be transformed...! I must be a really bad Christian..that lady on TV called it 'stinking thinkin'.....maybe my thought patterns stink and I stink too.....-( I learned that some thoughts are not worth my

...very surreptitiously during training ...'mini assignments' ...something so simple as just a phonecall or a cupboard decluttered, but always in the direction of my values. ...I gained confidence from these seemingly small acts... to know that I was physically and mentally helping myself to make

I found ..work on values to be most helpful. My main problems, before the training..I didn't actually know what my values were and therefore I found it impossible to follow them. ... discussions about my Christian values...led me to a place where I understood what my personal values were... without losing my



...before the training I second guessed most things I did....weighed them up against somebody else's interpretation of God's Word ...to view myself with compassion has been truly life-changing!  
Grace features heavily with this and to be reminded, in the moment, of His unparalleled love for me, has enabled me to let go of a lot of the inner self-

- 1) This is aimed specifically at Christian clients who indicate, without prompting, that they wish their spiritual values to be part of the therapy process.
- 2) The practitioner does not need to be a Christian to use this protocol.

