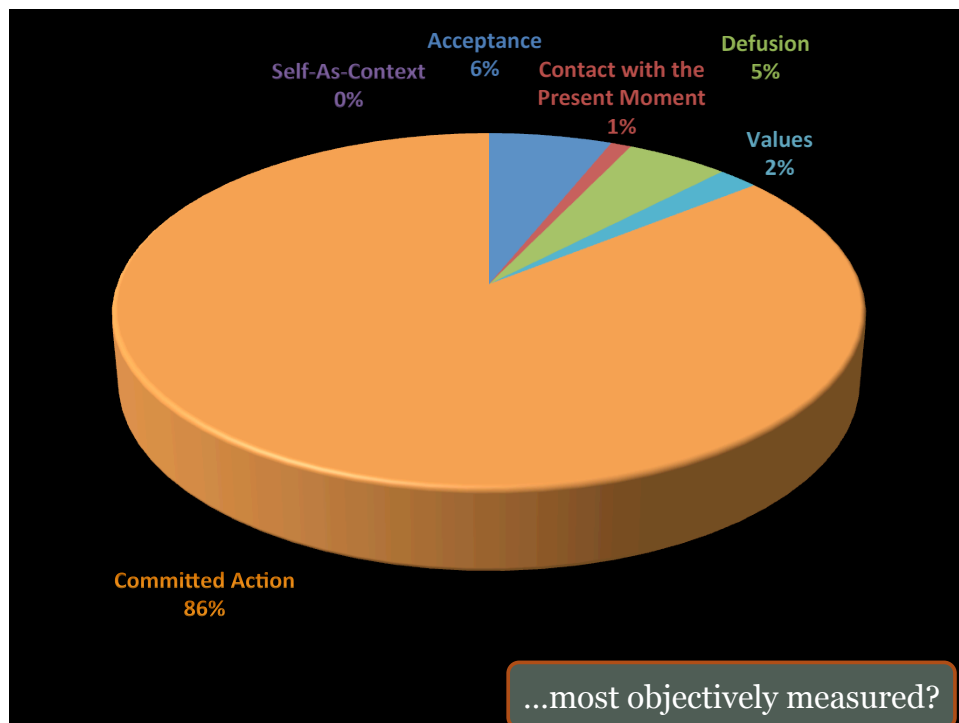


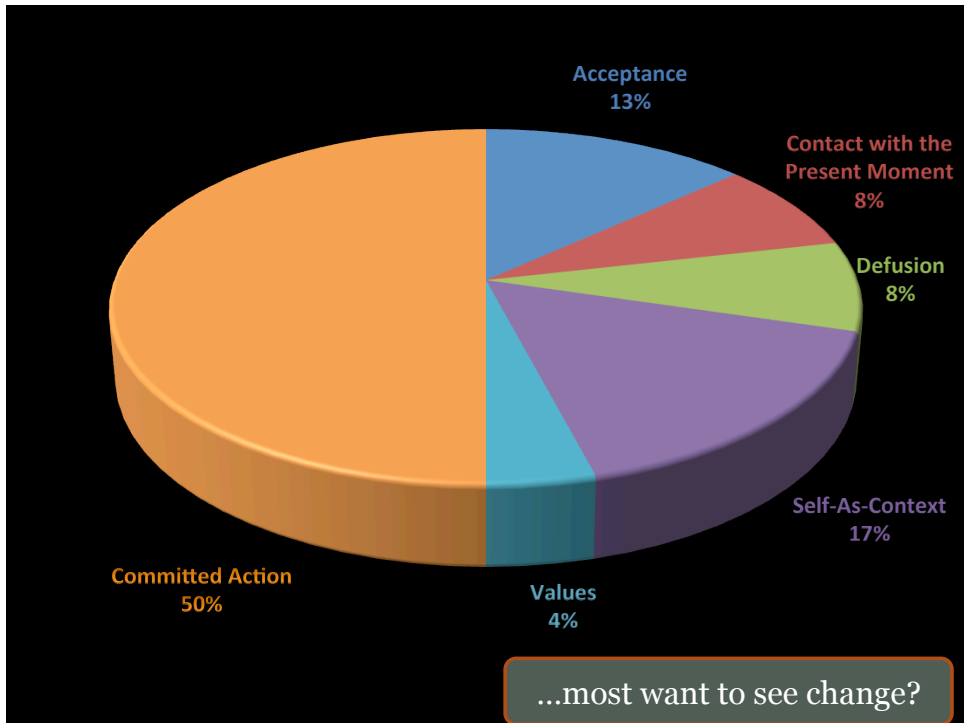
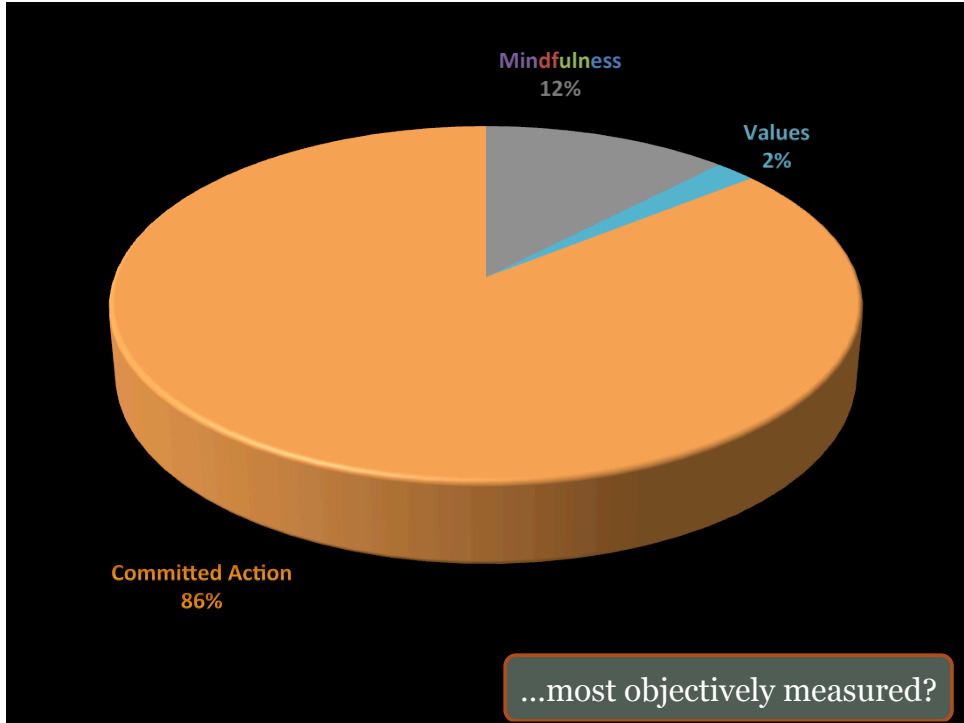
“Mindfulness can be understood as a collection of related processes that function to undermine the dominance of verbal networks...

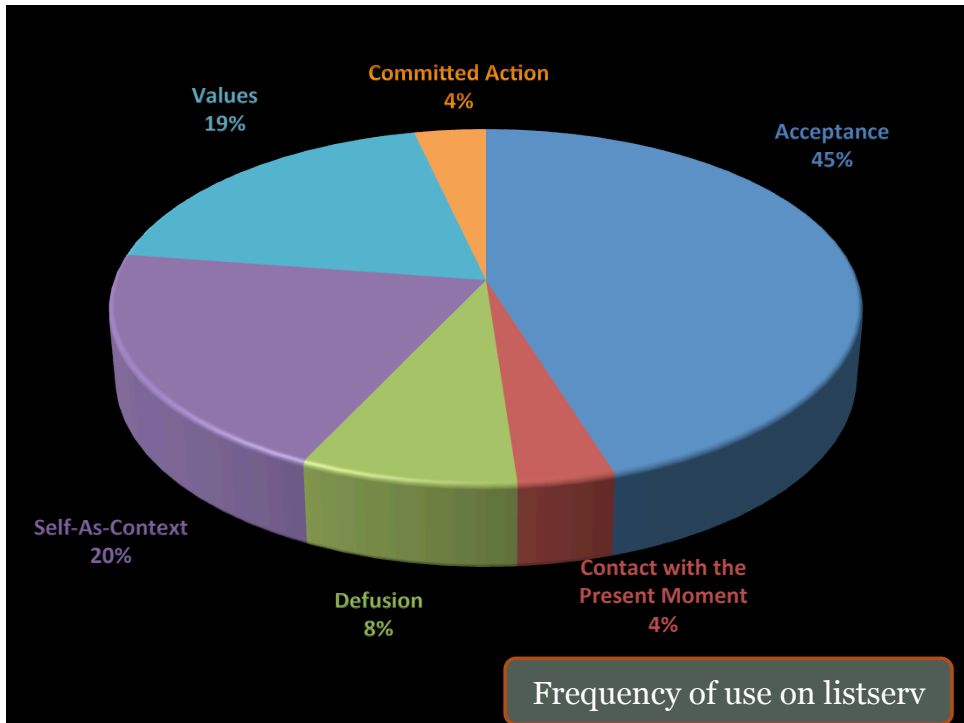
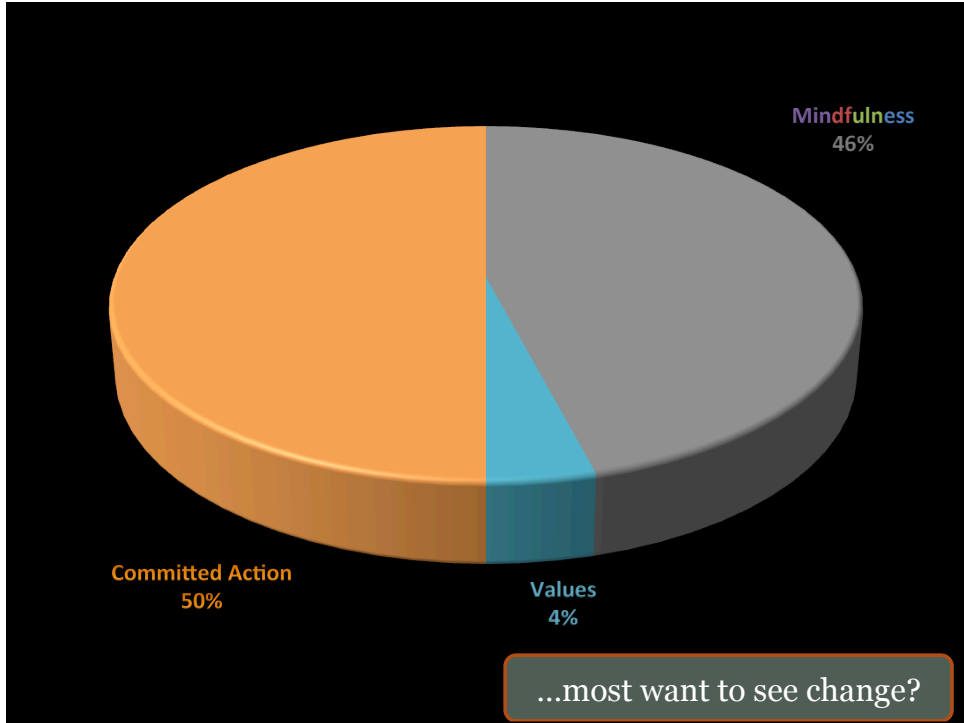
These processes include acceptance, defusion, contact with the present moment, and the transcendent sense of self.”

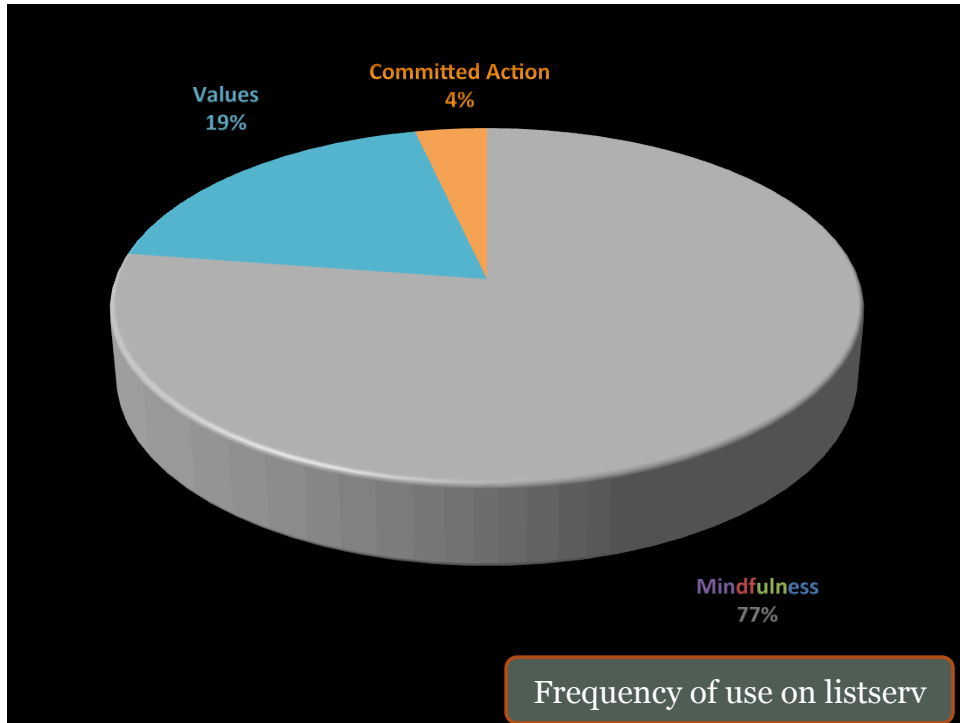
– Fletcher & Hayes (2005, p. 315)

#tbt

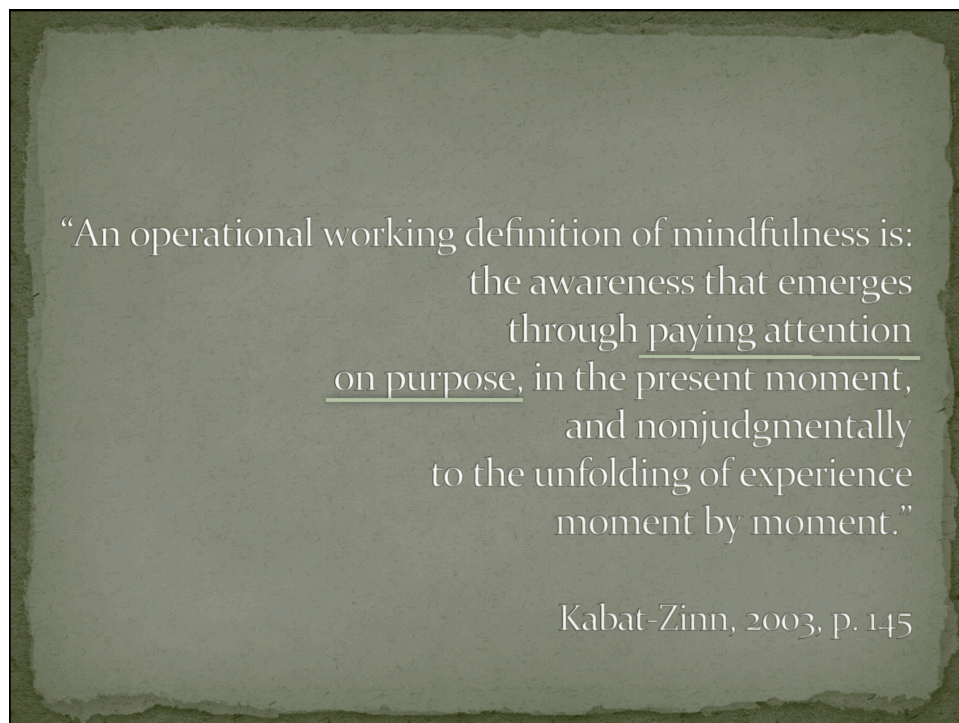
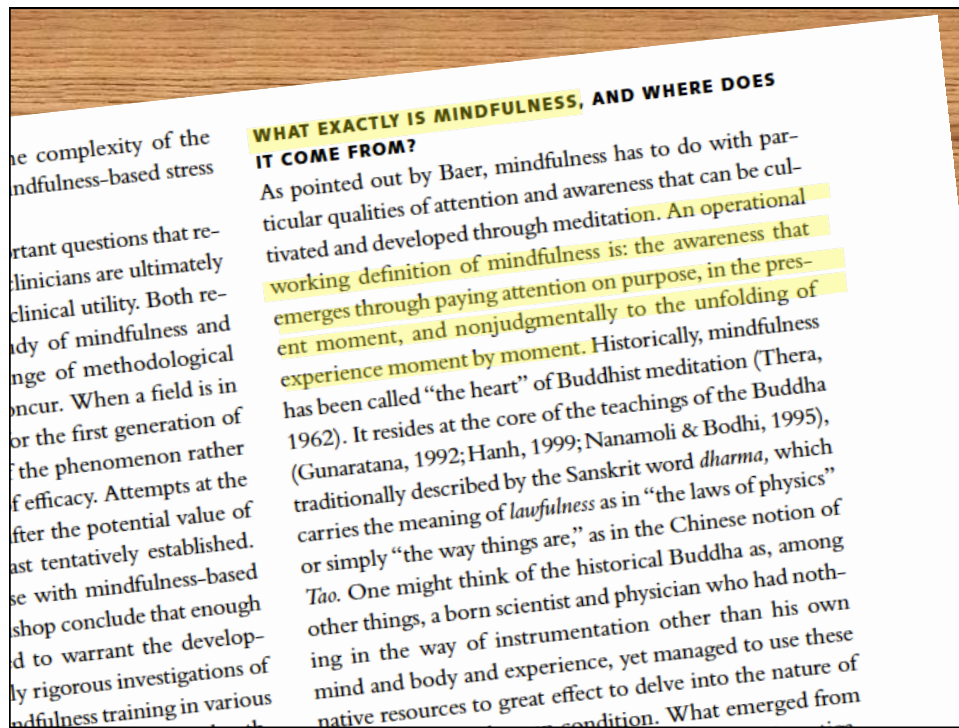


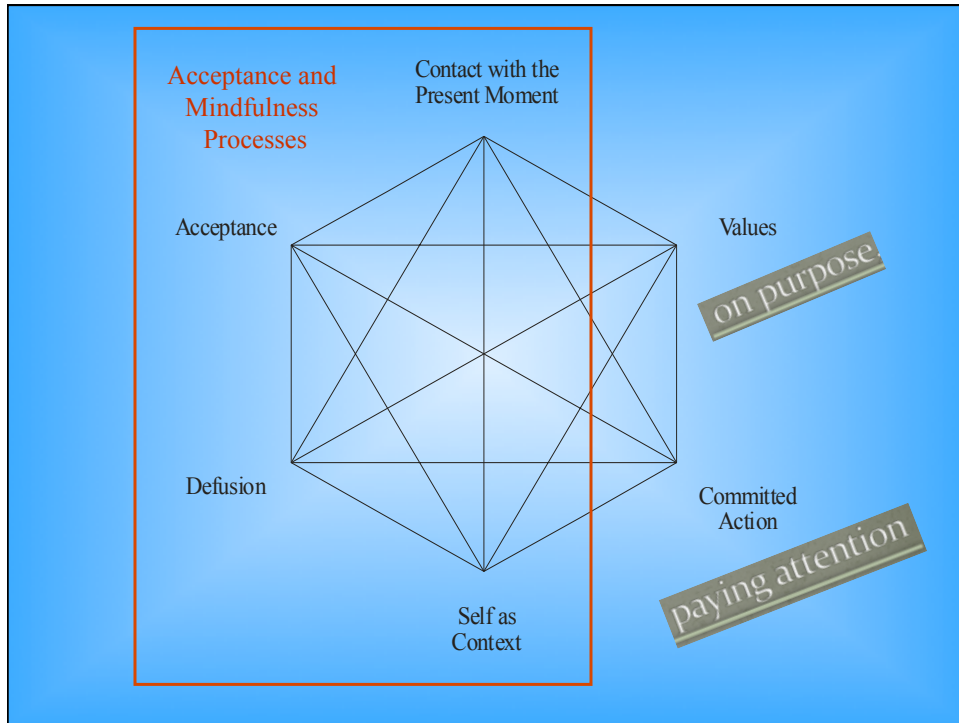






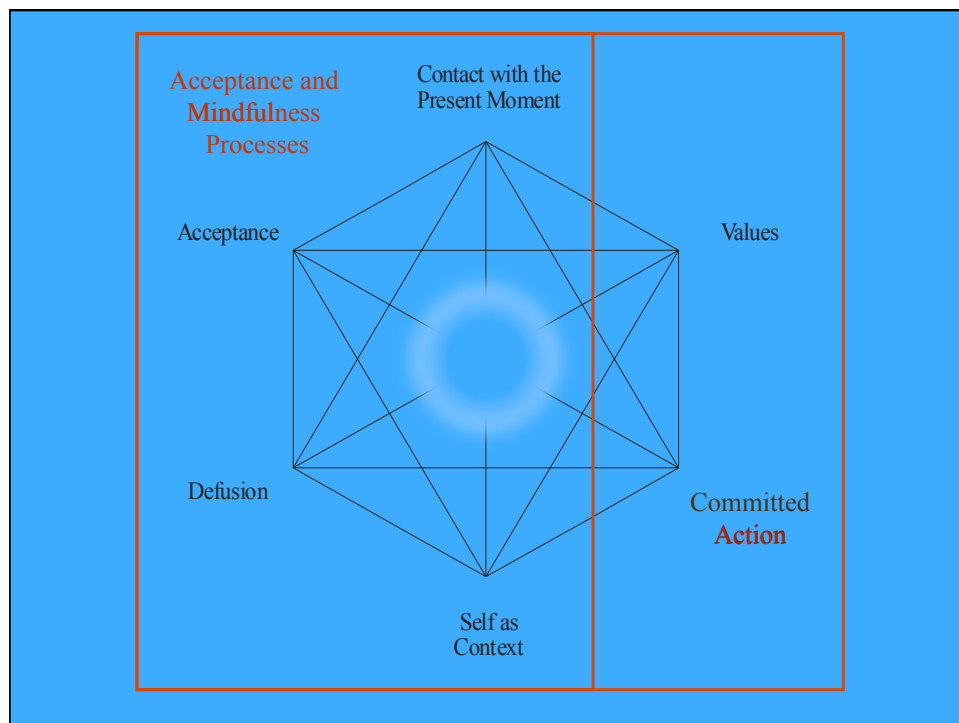
Commitment - *noun* \kə-mit-mənt\
1: action aimed in the direction of what you care about, even in the presence of obstacles





-ness - *suffix* \ness\
1: a native English suffix attached to adjectives and participles, forming abstract nouns denoting quality

Mindful action is defined as
 purposeful,
 present focused,
 committed responses,
 maximally influenced by relevant stimulus events,
 and unimpeded by private events.



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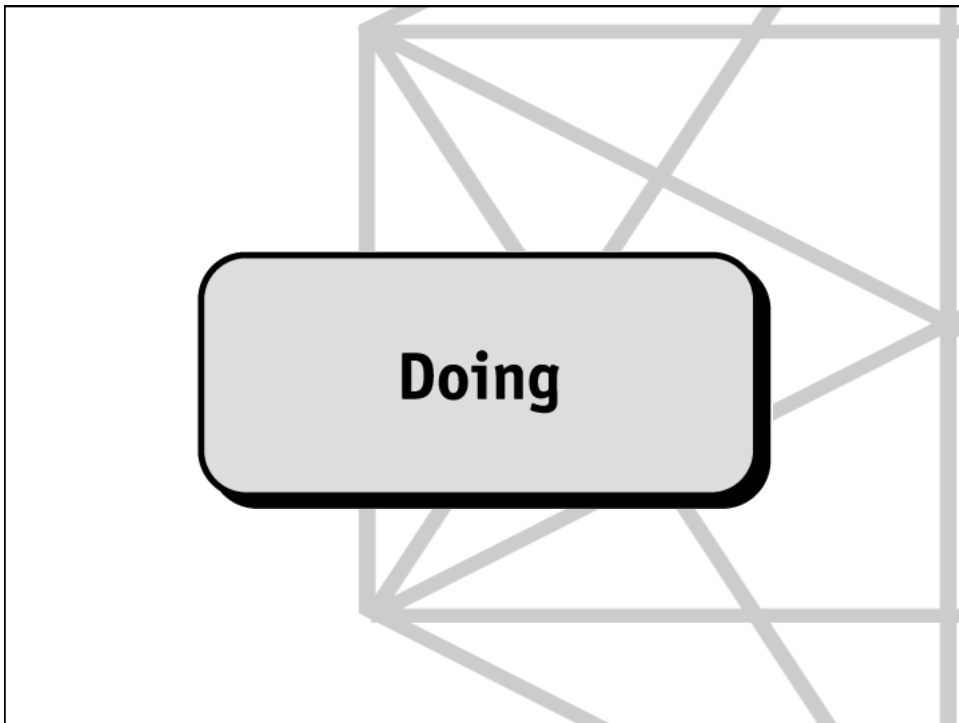
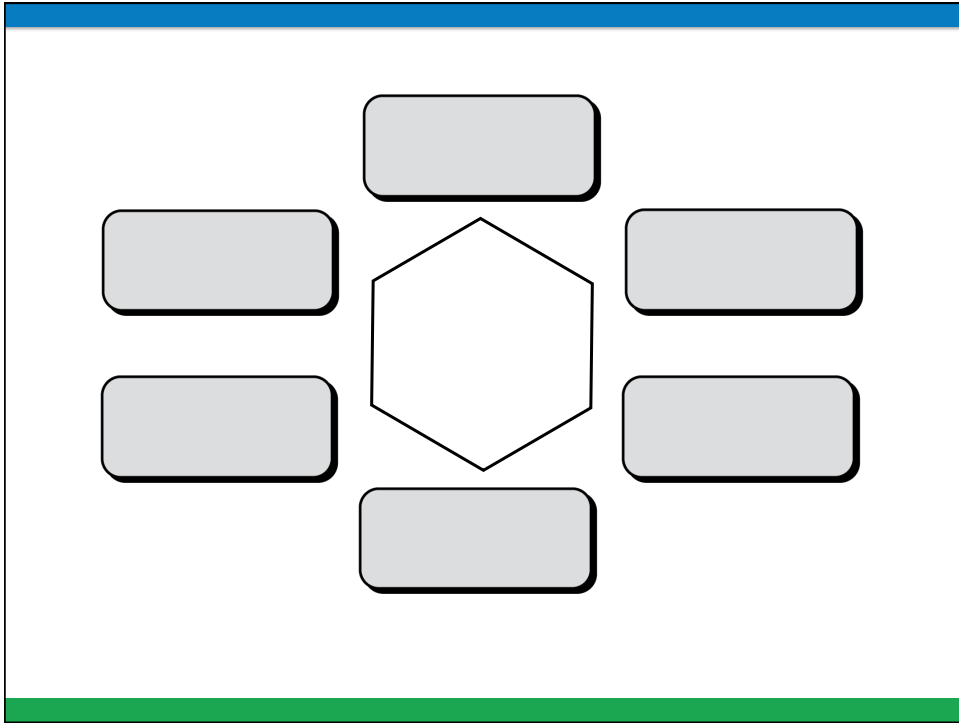
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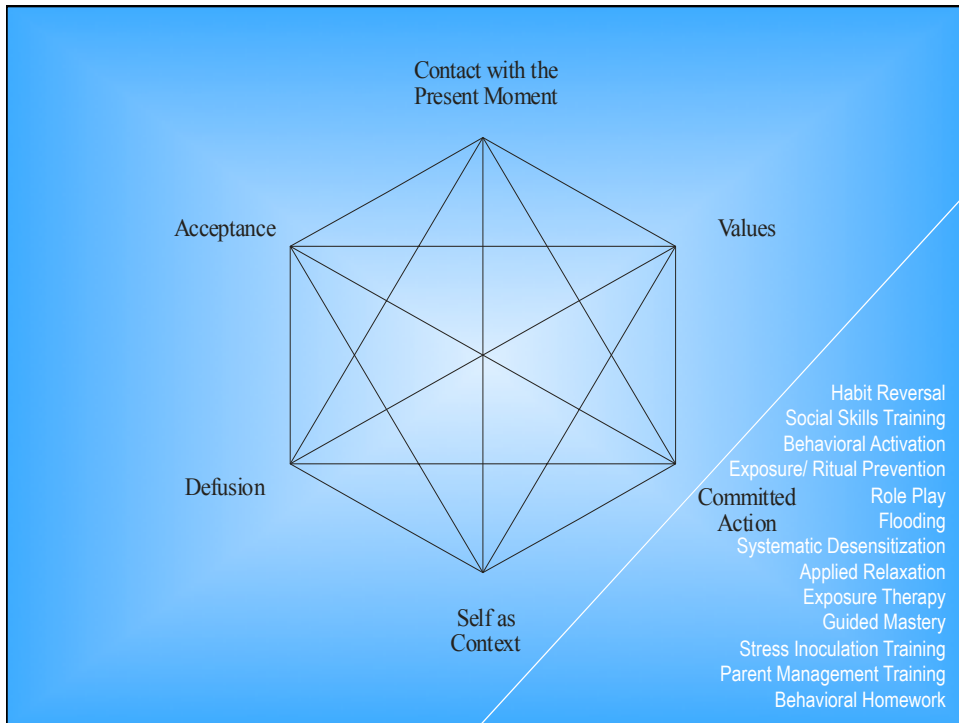
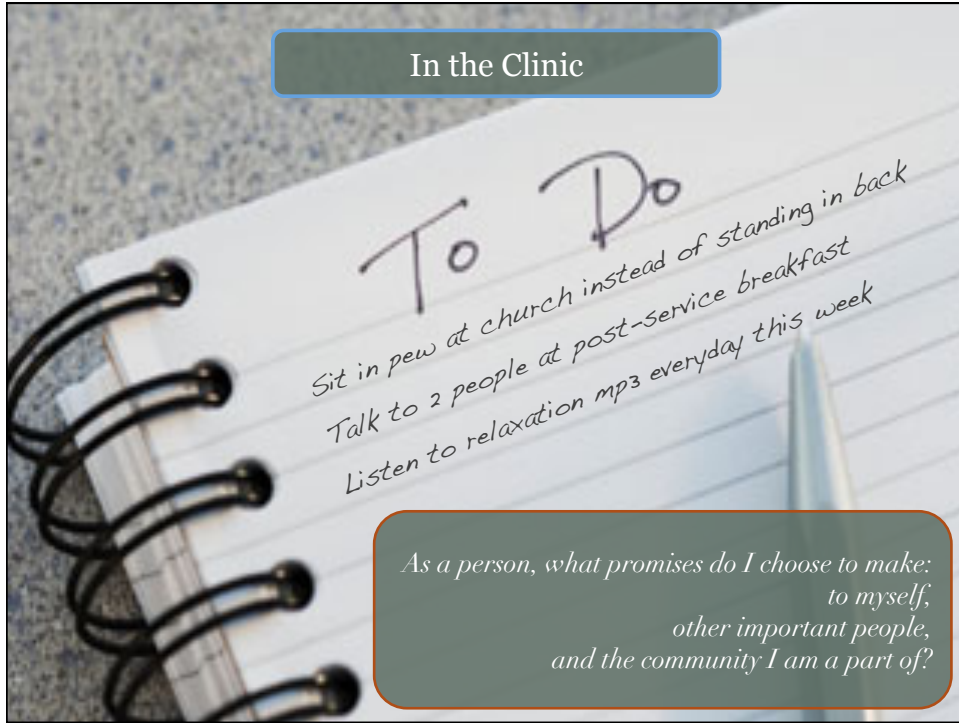
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In the Clinic

To Do

- Sit in pew at church instead of standing in back
- Talk to 2 people at post-service breakfast
- Listen to relaxation mp3 everyday this week

In the Workplace

To Do

- Wear proper gloves, eyewear, and ear plugs
- Lift the material bundles with a hoist
- Remove the bundling straps with snips
- Load the equipment correctly
- Discard the straps in recycler



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Doing

To-Do List for External World Safety Actions

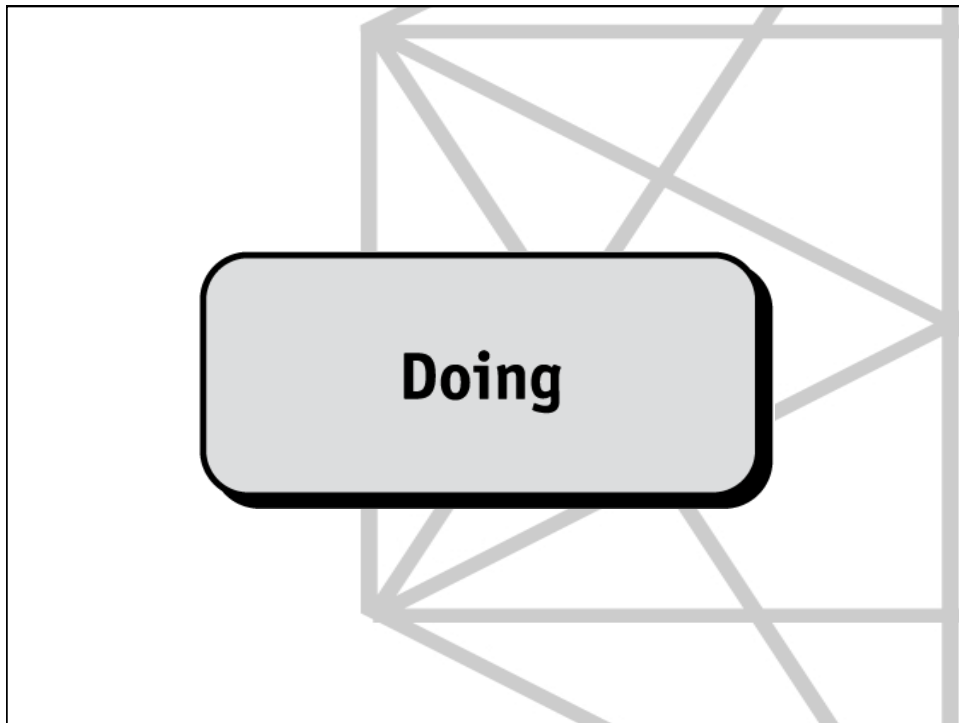
Wear proper gloves, eyewear, and ear plugs	
Lift the material bundles with hoist	
Remove the bundling straps with snips	
Load the manufacturing equipment with materials only when the green light is on.	
Discard the bundling strap in recycler.	

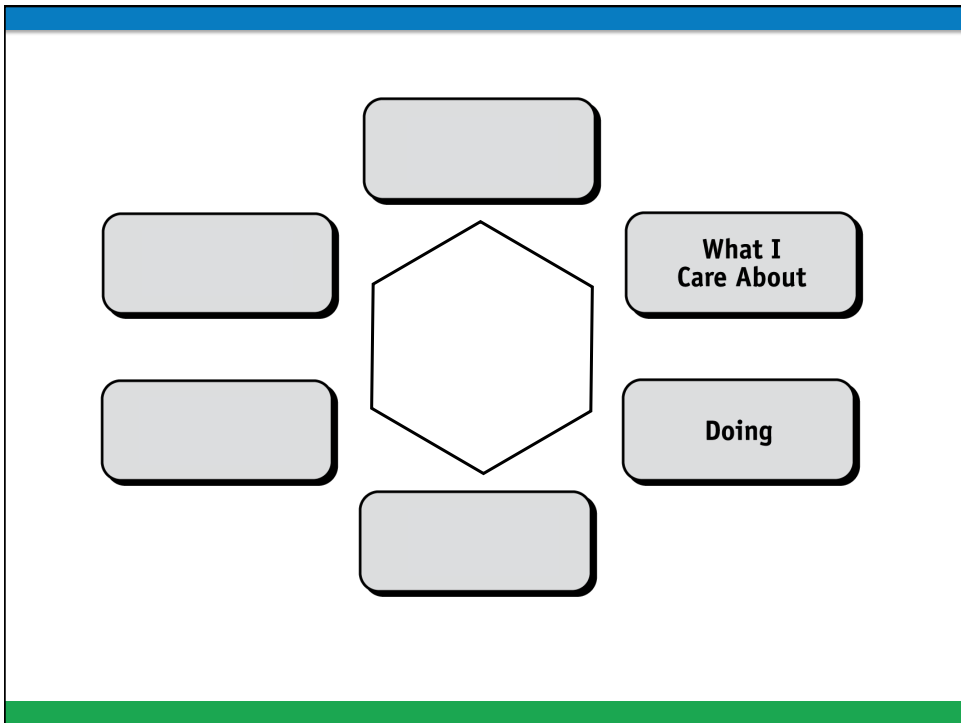
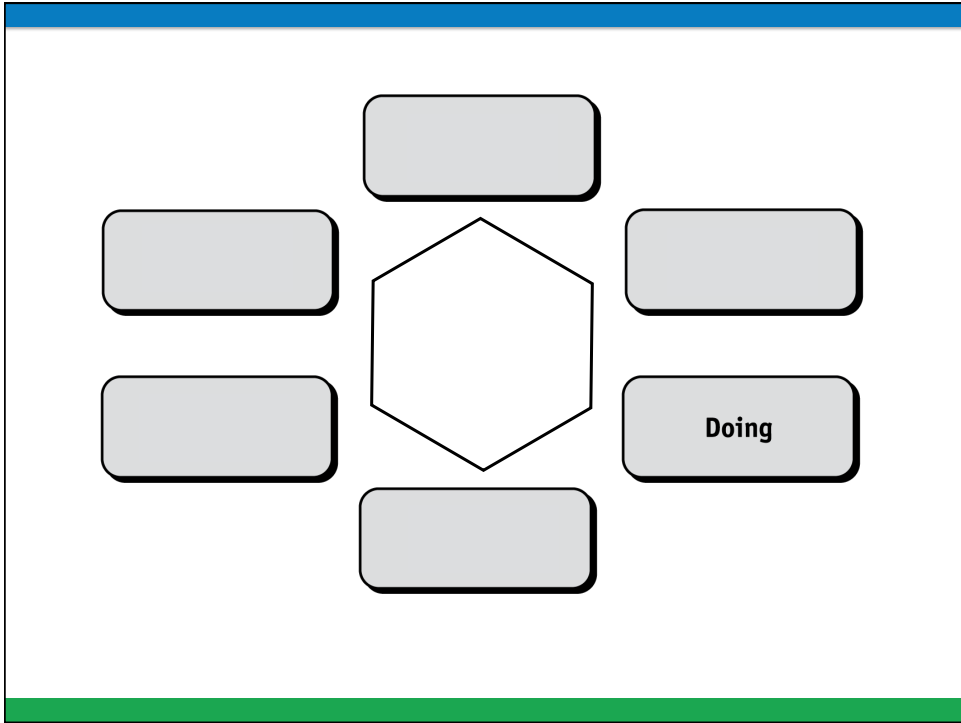
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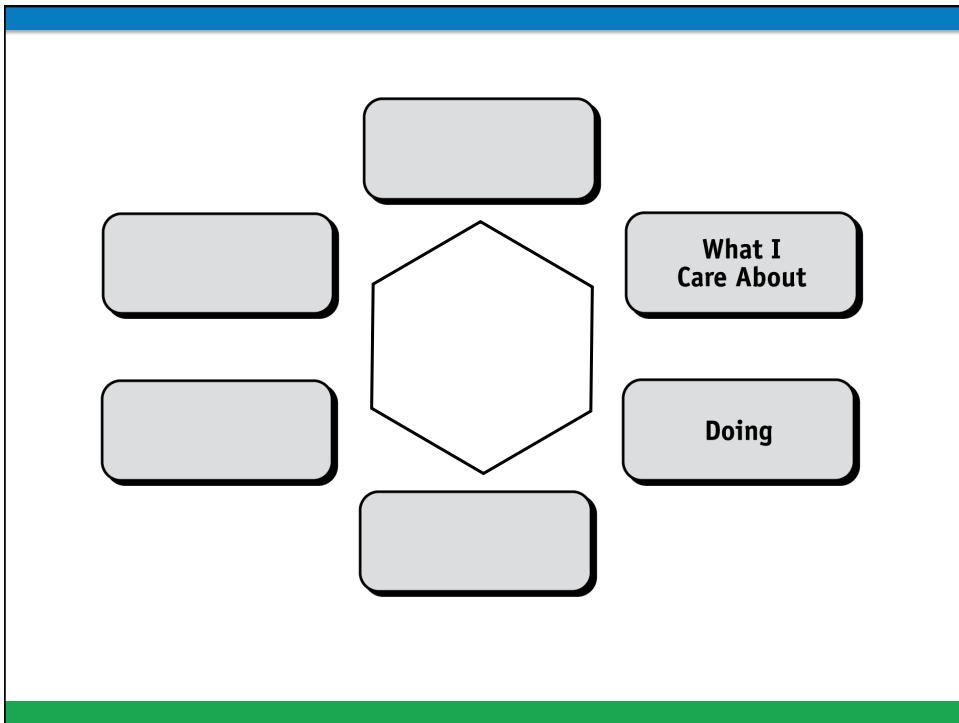
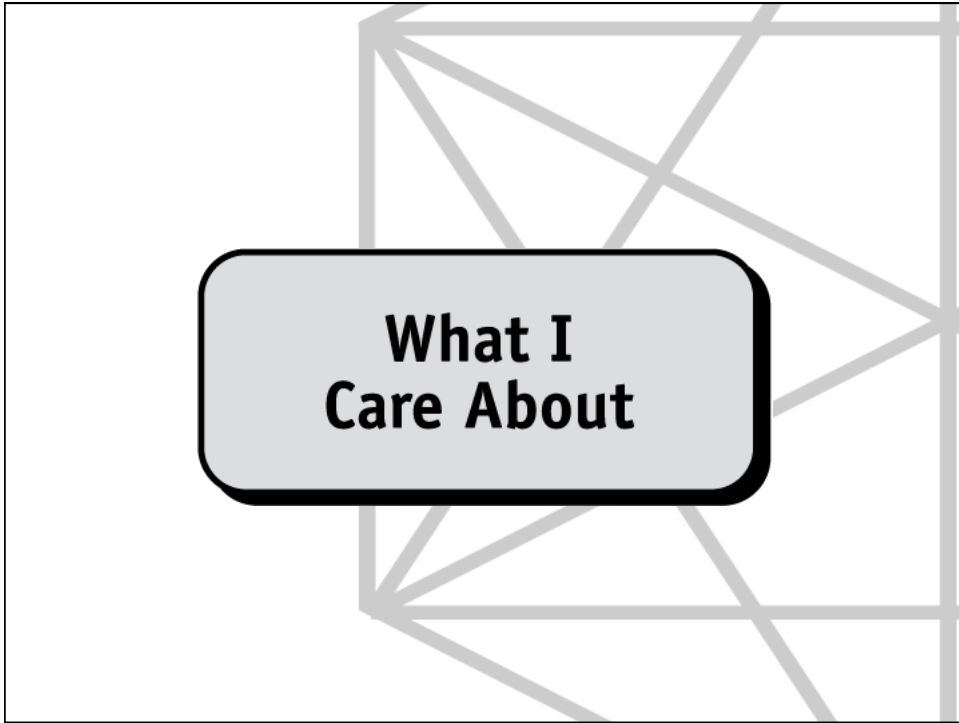
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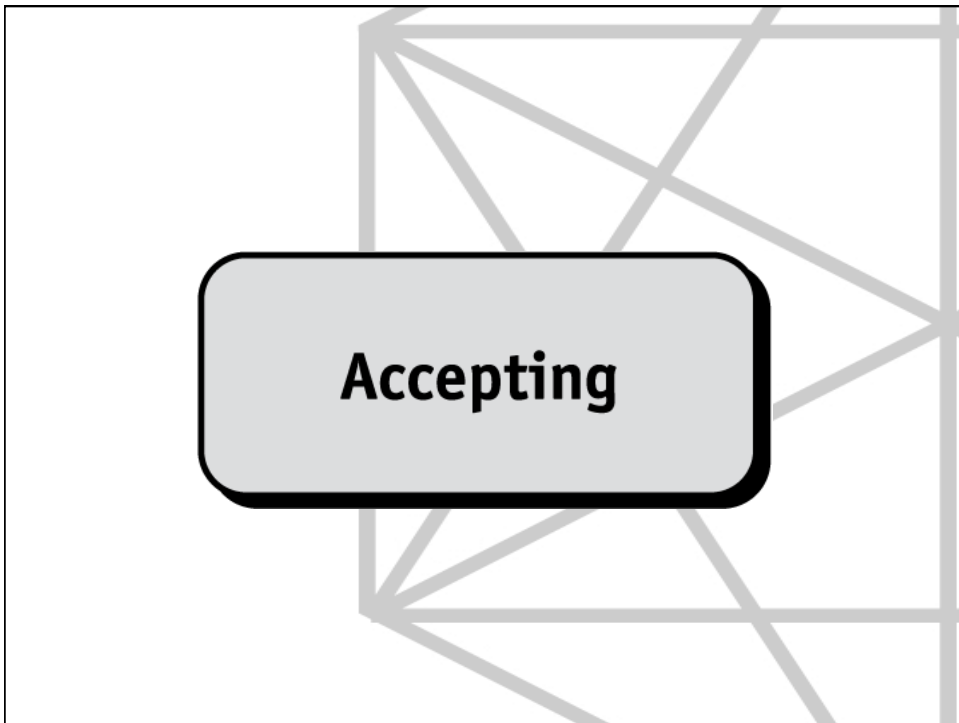
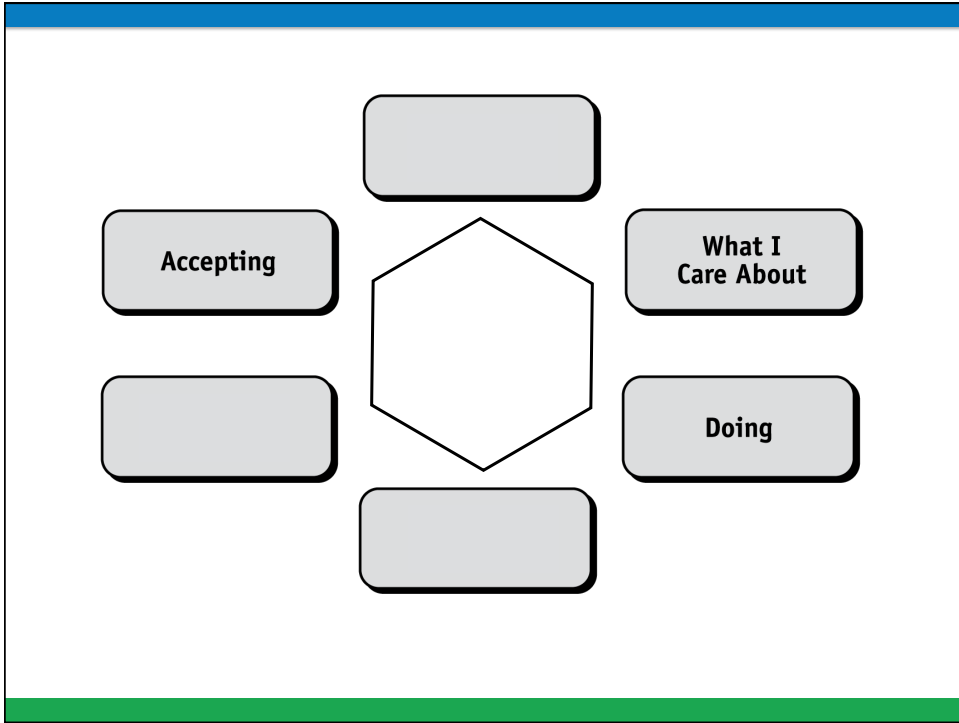




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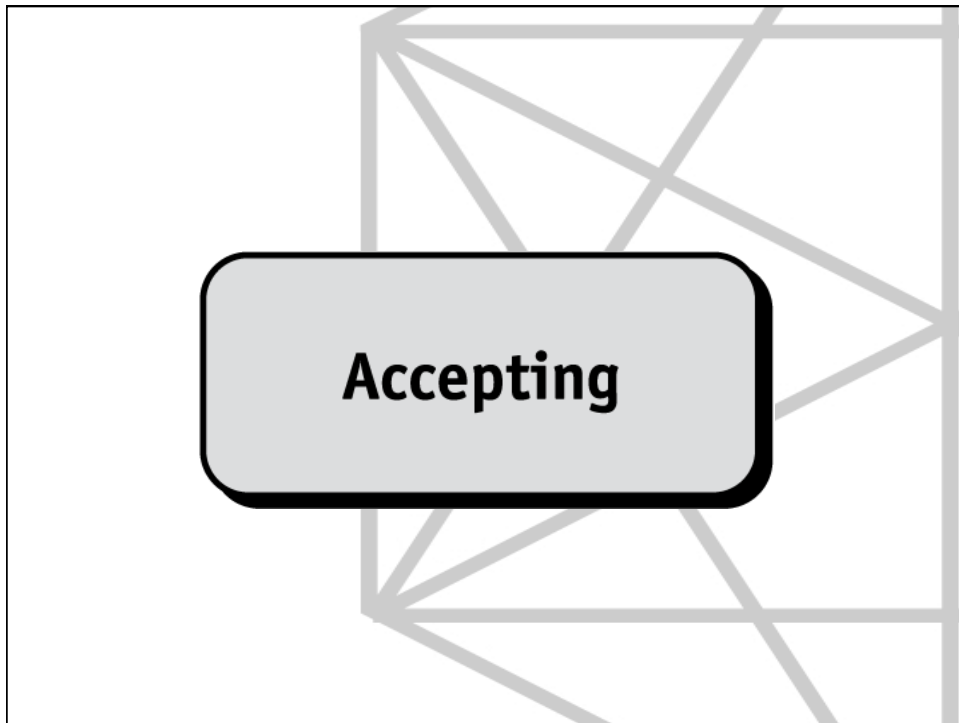


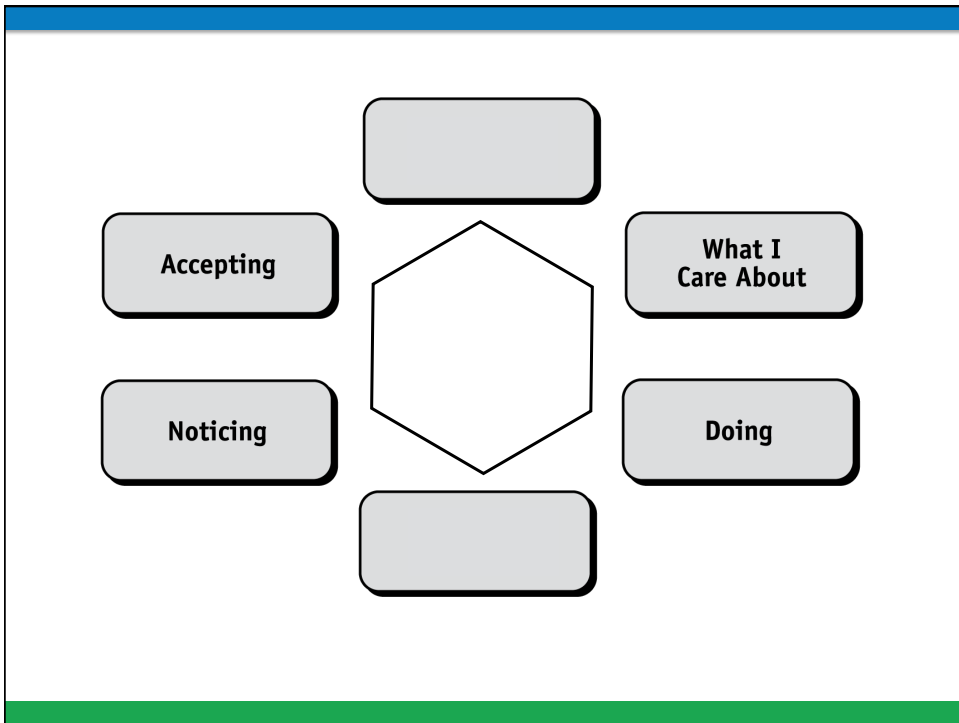
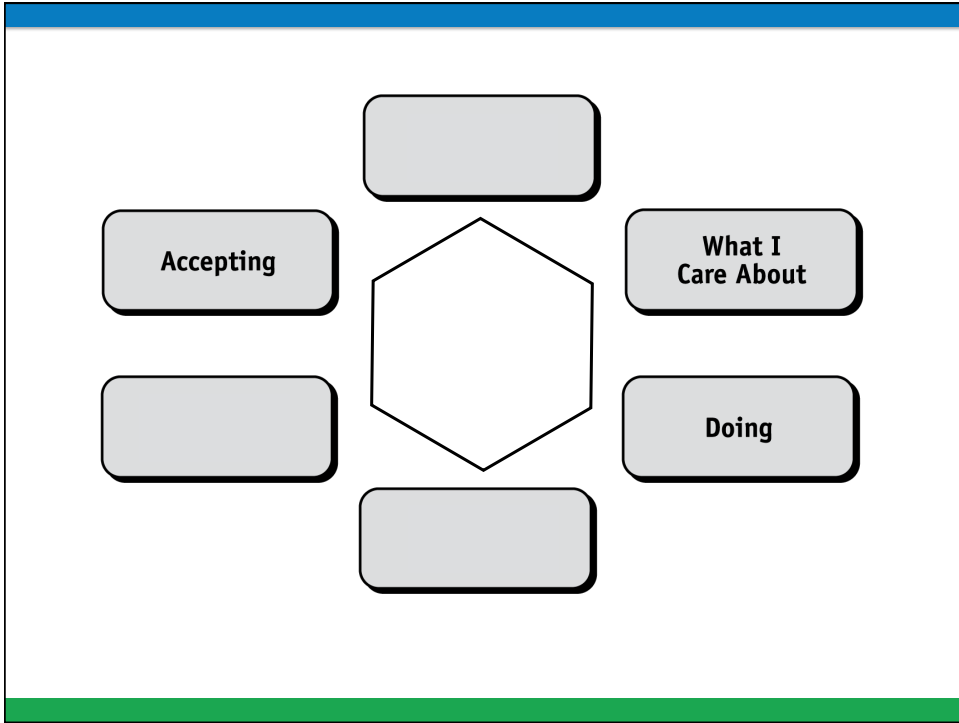
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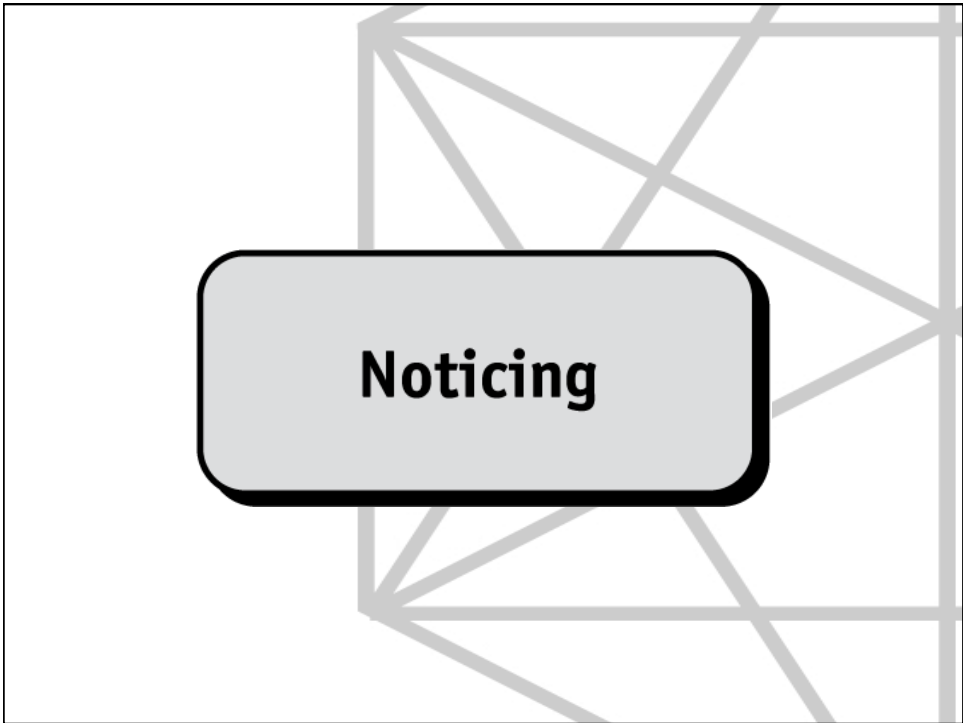
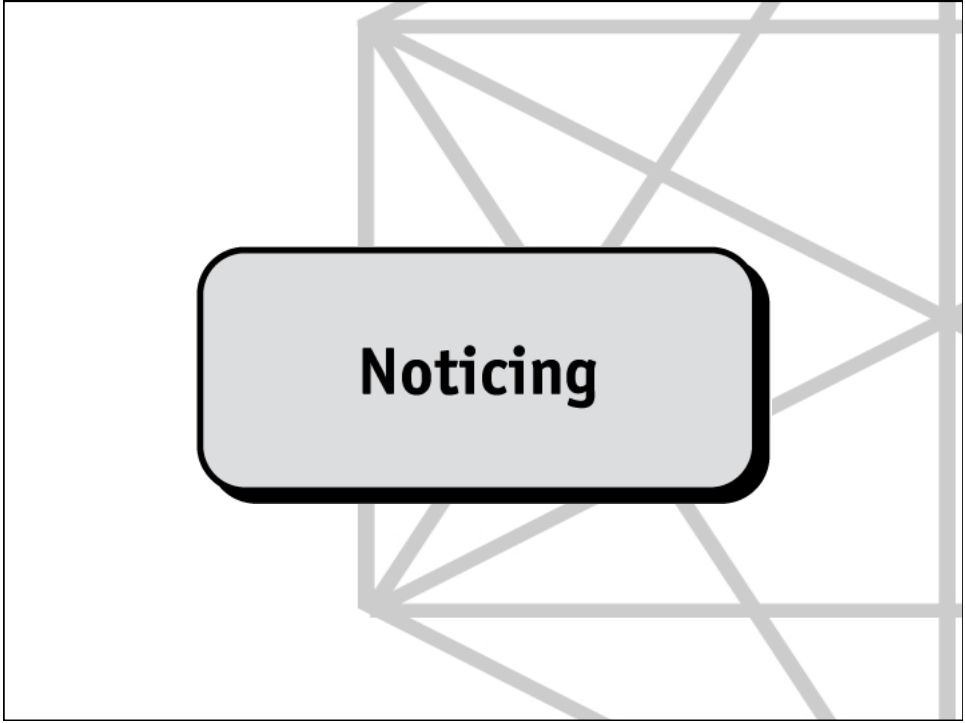
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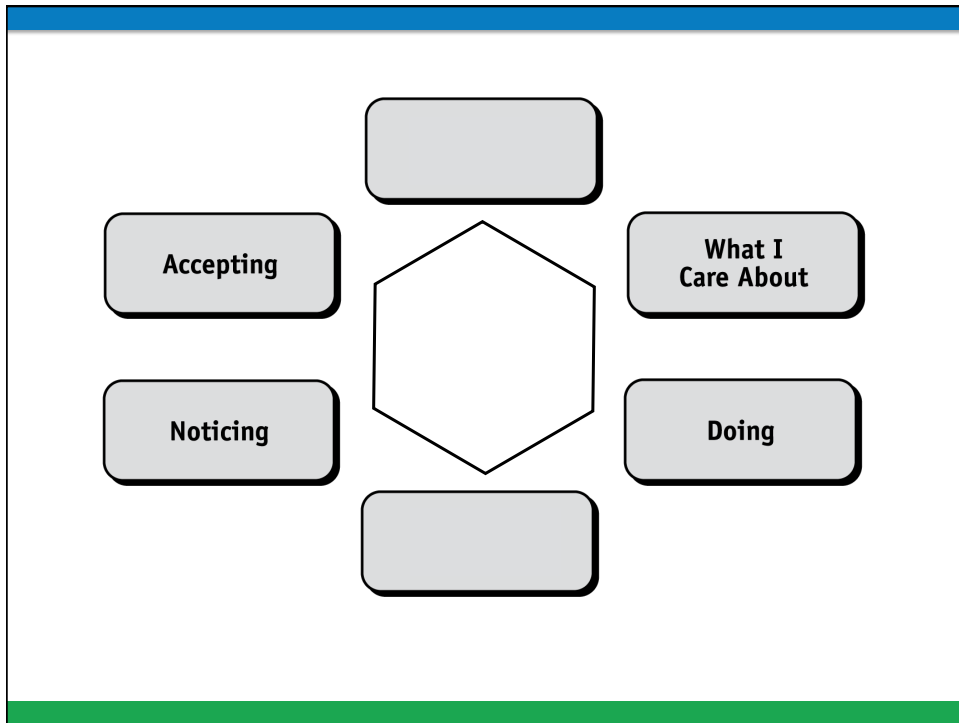


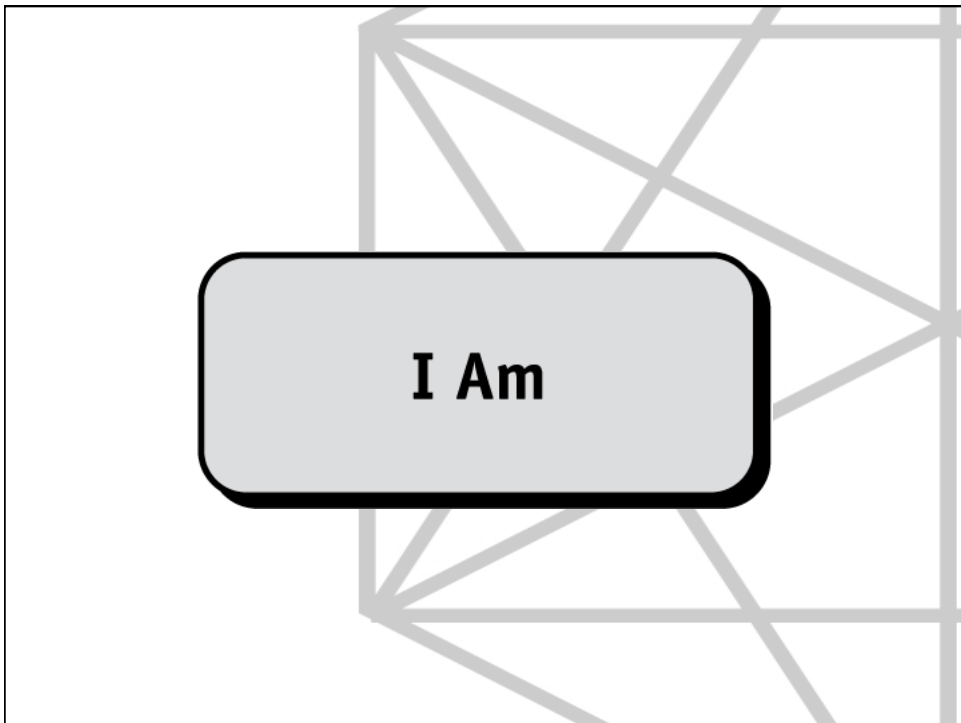
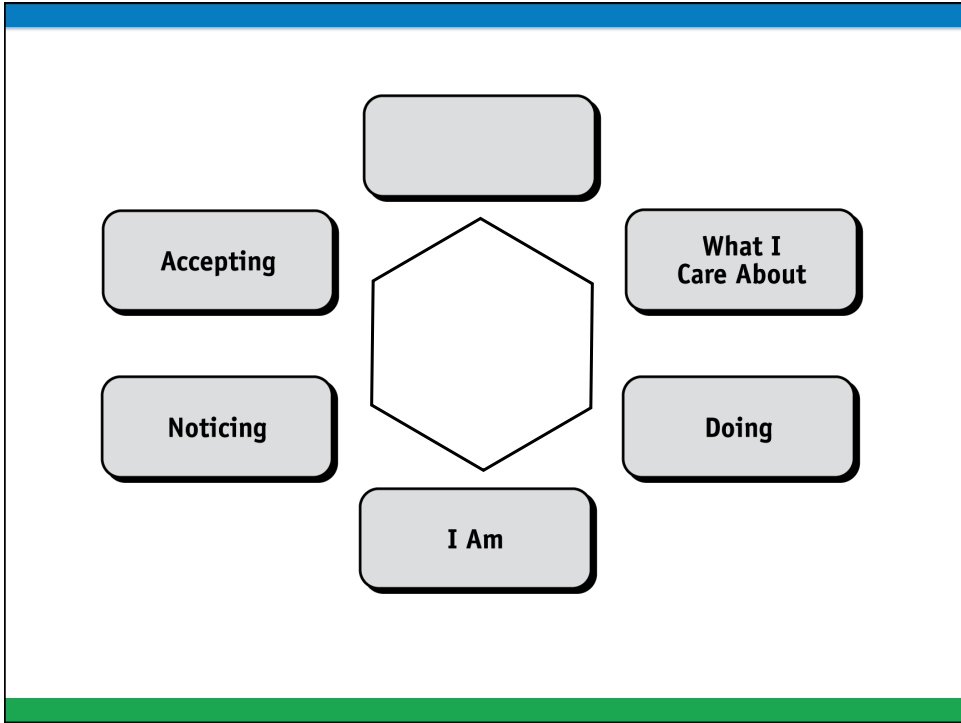
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I am...

I am a psychologist _____.

I am standing _____.

I am happy _____.

I am...

1) I am _____.	51) I am _____.
2) I am _____.	52) I am _____.
3) I am _____.	53) I am _____.
4) I am _____.	54) I am _____.
5) I am _____.	55) I am _____.
6) I am _____.	56) I am _____.
7) I am _____.	57) I am _____.
8) I am _____.	58) I am _____.
9) I am _____.	59) I am _____.
10) I am _____.	60) I am _____.
11) I am _____.	61) I am _____.
12) I am _____.	62) I am _____.
13) I am _____.	63) I am _____.
14) I am _____.	64) I am _____.
15) I am _____.	65) I am _____.
16) I am _____.	66) I am _____.
17) I am _____.	67) I am _____.
18) I am _____.	68) I am _____.
19) I am _____.	69) I am _____.
20) I am _____.	70) I am _____.
21) I am _____.	71) I am _____.
22) I am _____.	72) I am _____.
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24) I am _____.	74) I am _____.
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27) I am _____.	77) I am _____.
28) I am _____.	78) I am _____.
29) I am _____.	79) I am _____.
30) I am _____.	80) I am _____.
31) I am _____.	81) I am _____.
32) I am _____.	82) I am _____.
33) I am _____.	83) I am _____.
34) I am _____.	84) I am _____.
35) I am _____.	85) I am _____.
36) I am _____.	86) I am _____.
37) I am _____.	87) I am _____.
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41) I am _____.	91) I am _____.
42) I am _____.	92) I am _____.
43) I am _____.	93) I am _____.
44) I am _____.	94) I am _____.
45) I am _____.	95) I am _____.
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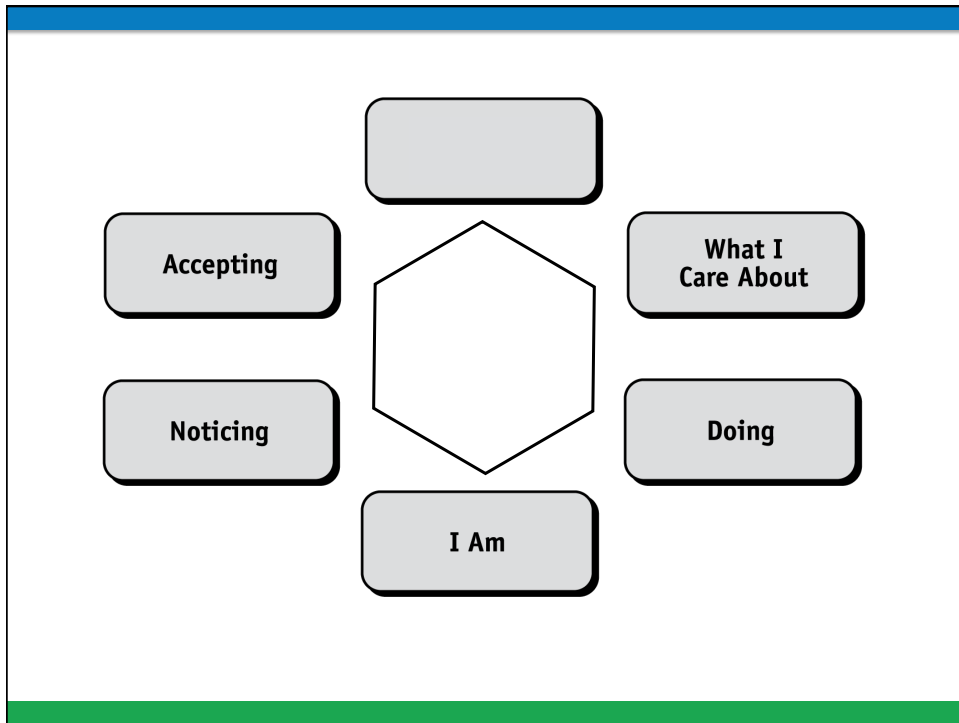
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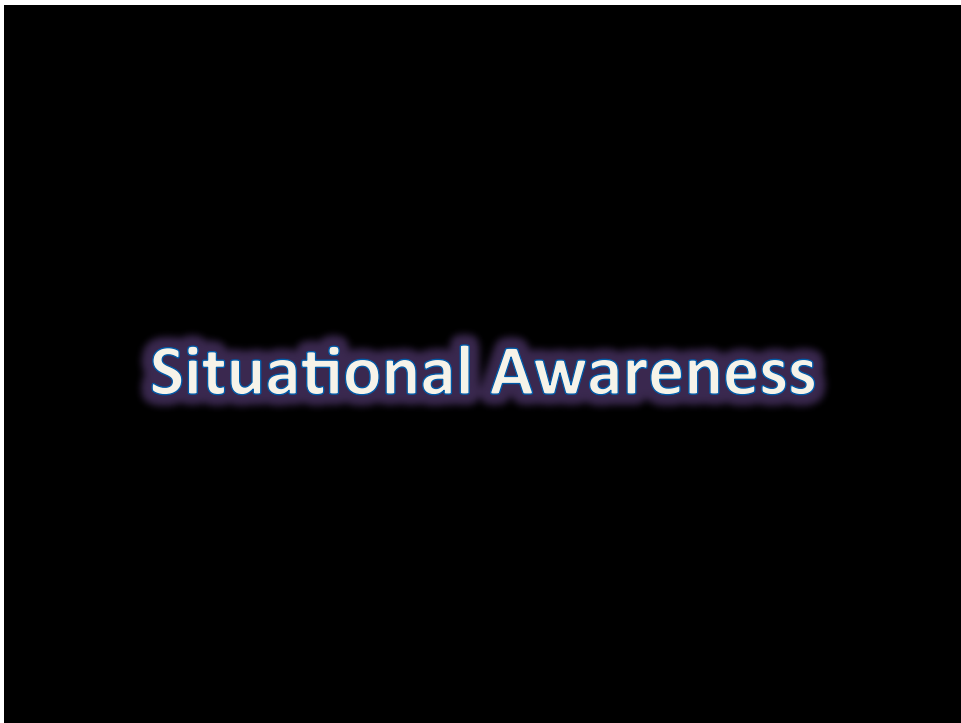
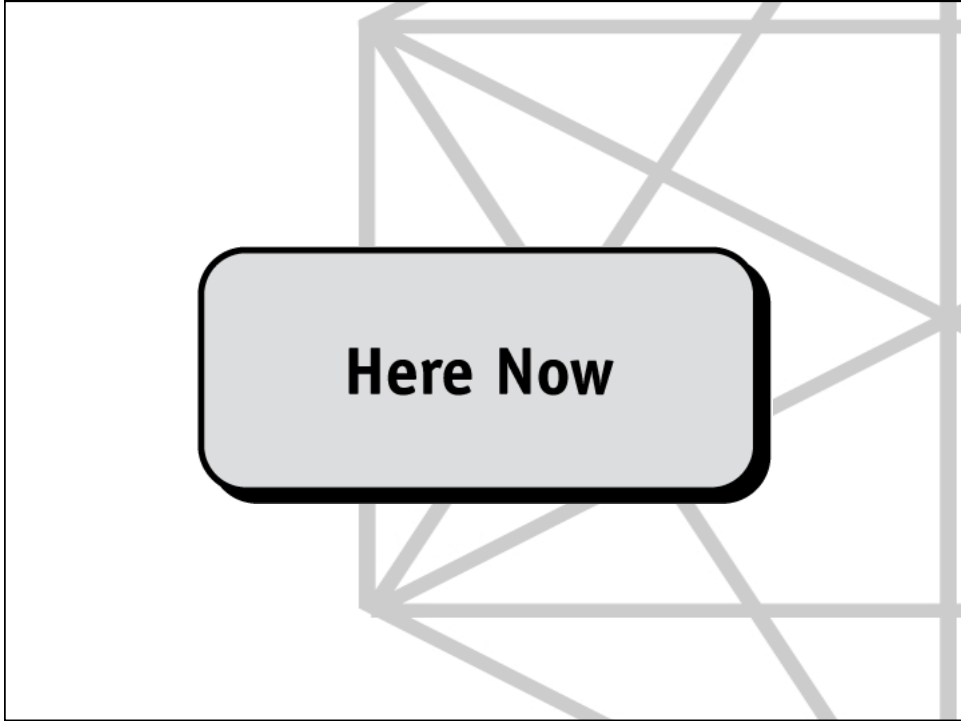
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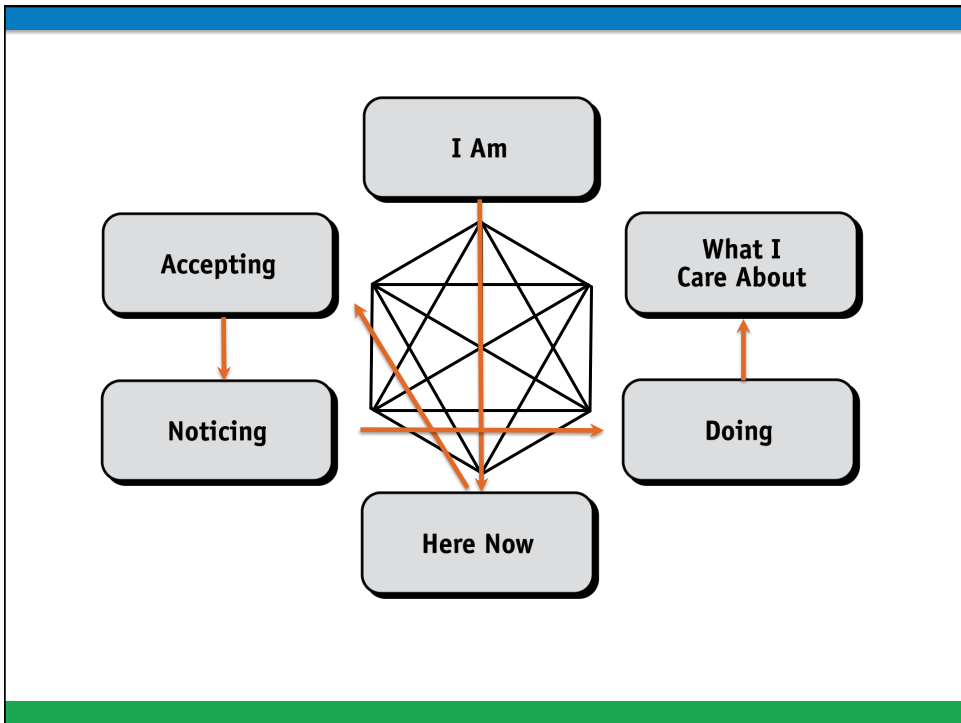
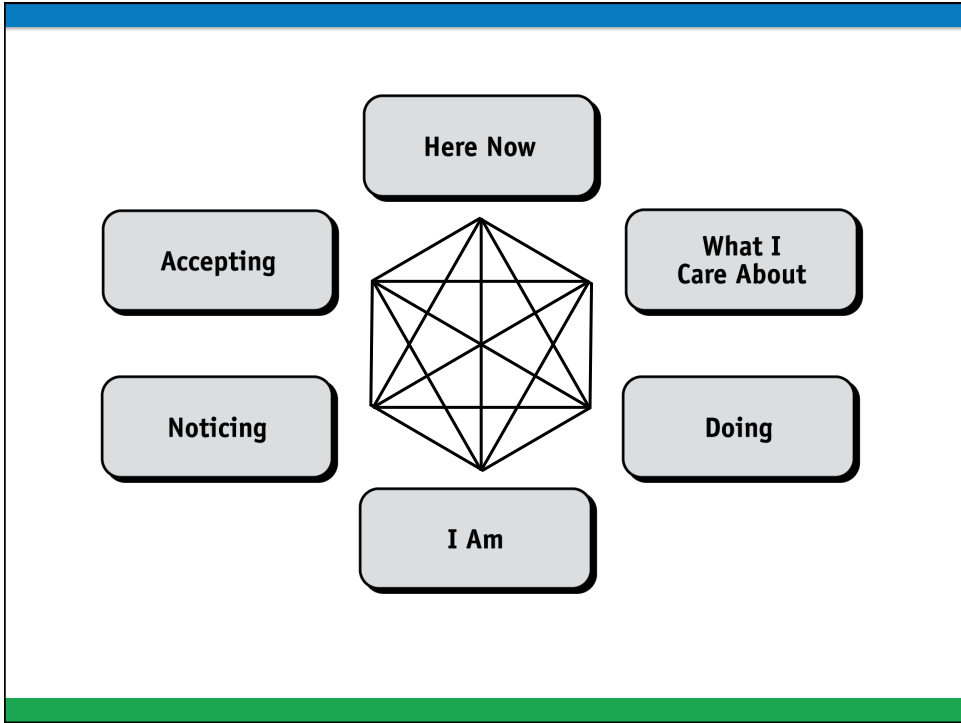
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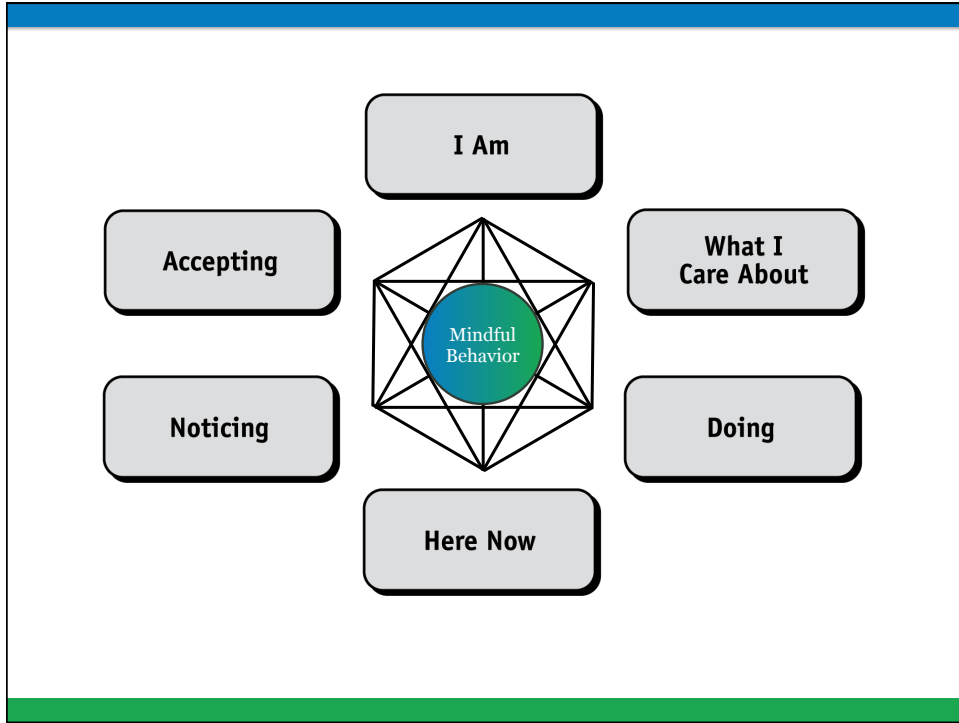




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Mindful action is defined as
purposeful,
present focused,
committed responses,
maximally influenced by relevant stimulus events,
and unimpeded by private events.



Over 80 Billion Served

Commitment - *noun* \kə-mit-mənt\
1: action aimed in the direction
of what you care about,
even in the presence of obstacles

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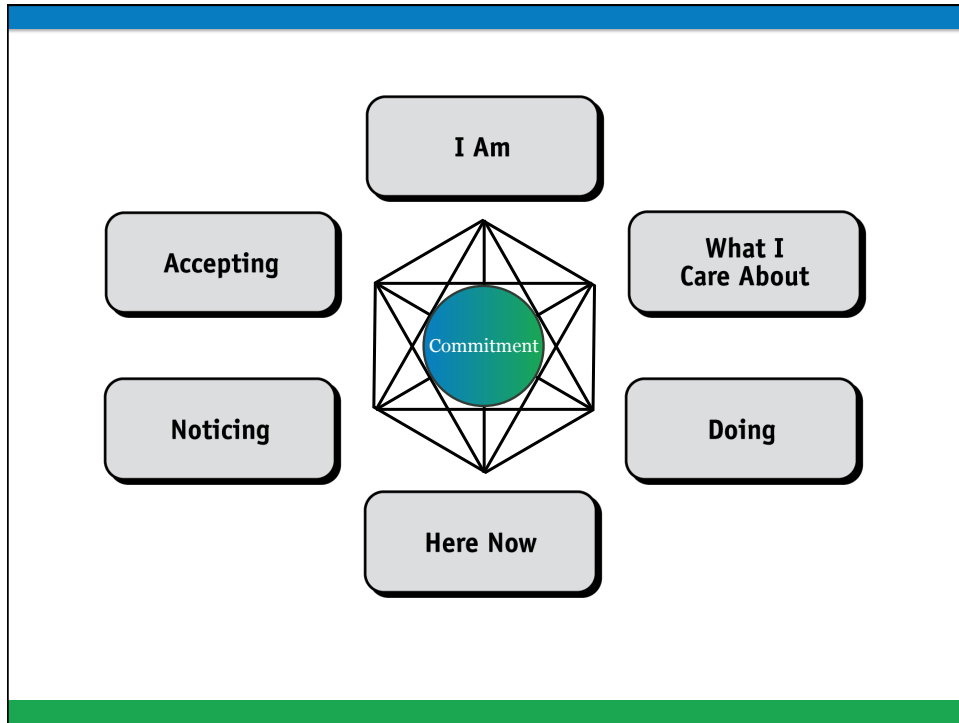
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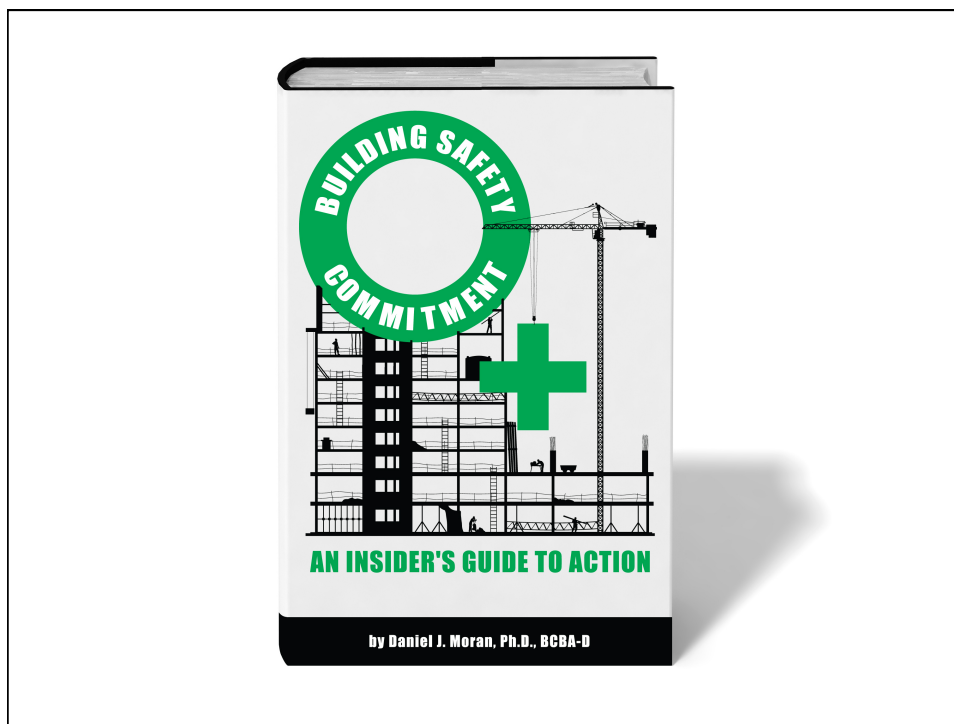
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Let's turn this monologue
into a dialogue...

Daniel J. Moran, Ph.D., BCBA-D

daniel.moran@comcast.net



@DrDJMoran

The screenshot shows a web browser window with the URL buildingsafetycommitment.com/page_00-33. The page title is "Free Tools | Building Safety Commitment". The website header features the "Building Safety Commitment" logo and a navigation menu with "Author", "About", "Free Tools", "Blog", and "Contact". A search bar is also present. The main content area is titled "Home » Free Tools" and contains three sections:

- Safety Commitment Plan Worksheet**: A section describing a worksheet for daily use to review commitment steps. It includes a download link: [SafetyCommitmentPlanWorksheet.pdf](#).
- Audio exercises**: A section titled "To get the full effect of Building Safety Commitment, download the Safety Commitment Plan Worksheet and the audio exercises so that you can continue improving your commitment skills." It lists two exercises:
 - Noticing Exercise**: A 00:08:57 audio exercise to help with distraction.
 - Acceptance Exercise**: A 00:09:22 audio exercise to help deal with emotions.
- Being situationally aware**: A section describing a skill for keeping commitments and maintaining control. It includes a link: [Being Situationally Aware](#).

The footer of the page displays the website name: **buildingsafetycommitment.com**.