

Acceptance & Commitment Therapy Audio Exercises

David Gillanders

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These exercises should be used by trained professionals in a safe therapeutic context, or by individuals acting under their own advisement that these exercises are designed to be 'psychologically active'. David Gillanders offers these exercises in good faith and whilst it is considered unlikely, accepts no liability for any harm arising from use of these exercises. Exercises 1 – 5 involve 'eyes closed' exercises and should not be listened to whilst attention is needed, e.g. whilst driving.

1. Just noticing
A basic mindfulness / present moment awareness exercise, starting with breath, bodily sensation, sounds and then noticing thoughts.
2. Leaves on a stream
The ACT classic defusion exercise using imagery of a stream to step back from your thoughts.
3. Observer self
Another ACT classic, beginning with here and now noticing, then using traveling to different memories to contact a sense of self as perspective / self as context that is timeless and enduring.
4. What's your direction?
A variant of the ACT classic funeral exercise, involving short term and long term perspectives on values, contact with valued direction, committed action and willingness.
5. Calling out your struggle
This exercise has an intensity about it and may be powerful and emotional. It is a willingness and defusion exercise that invites you to let go of struggling / avoiding and make contact with whatever it is that you have been trying to get rid of in your life, whether that's pain, symptoms, thoughts, emotions, urges or memories.
6. Everyday noticing
A very short noticing exercise designed to be used on the move, via an mp3 player or iPod, to coach you in just noticing your experience, including discriminating mindyness from direct experience.