

Forms,
Exercises, &
Worksheets



Acceptance & Commitment Therapy for Anxiety Disorders

*Transforming Anxious Suffering
Into a More Vital Life*

A 2-Day Workshop
with John P. Forsyth and Jamie R. Forsyth
University at Albany, SUNY & Union College
www.drjohnforsyth.com



Jamie R. Forsyth & John P. Forsyth

We are a husband and wife team, and together co-lead ACT professional workshops in the United States and abroad.

John also offers talks and keynotes to various groups and organizations, and provides ACT consultation and supervision via Skype.

For more information, or to book a talk or ACT training, please reach us at contact@drjohnforsyth.com.



www.drjohnforsyth.com

EXERCISE: The Masks I Wear

(What I Want Others to See)



EXERCISE: The Masks I Wear

(What I Don't Want Others to See)



ACCEPTANCE & COMMITMENT THERAPY

**CONTACTING THE
PRESENT MOMENT**

Be Fully Present

ACCEPTANCE

Open Up

VALUES

Know What Matters

**PSYCHOLOGICAL
FLEXIBILITY**

DEFUSION

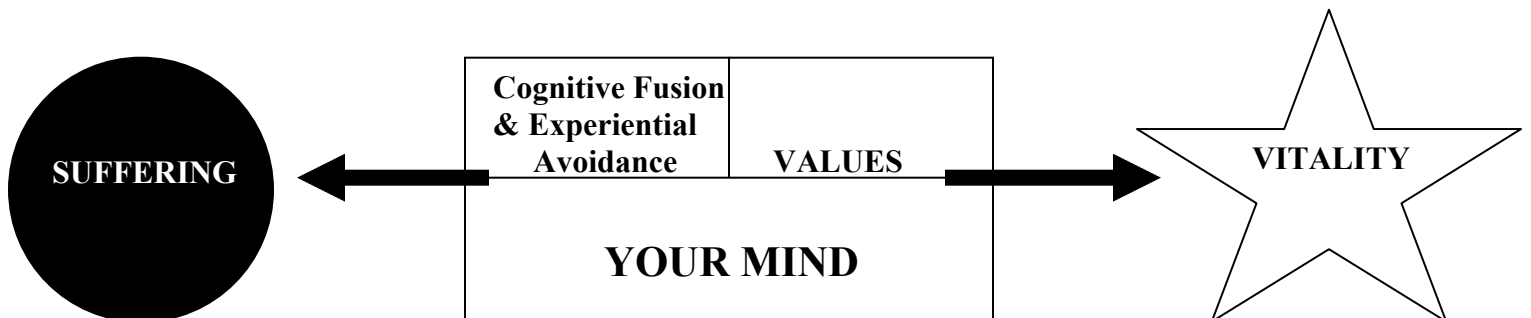
Watch Your Thinking

**COMMITTED
ACTION**

Do What Works

THE OBSERVING SELF

Access Your Awareness



A BASIC GUIDE TO ACT CASE CONCEPTUALIZATION

1) Brief History

- a) The client's story of what the problem is
- b) The client's story of how the problem evolved
- c) What has the client tried, and how has it worked (short term & long term)?
- d) Why does the client see the presenting complaint as problematic?
- e) What would they start, stop, do more of or less of, if the problem was solved?
- f) What direction would they like to take their life in?
- g) When do they ever feel a sense of purpose or meaning? Doing what?

2) The Context

This includes health, work, finances, relationships, family, culture, etc. Also look for factors that reinforce the problem – e.g. getting attention, manipulating others, disability benefits, avoiding fears of rejection/intimacy/failure, cultural beliefs, etc. *Watch for the processes below right before your eyes – in the therapeutic interaction.*

3) Psychological Inflexibility

a) *Loss of Contact With the Present Moment* – how much time does the client spend dwelling on/ reliving the past or daydreaming/ worrying about the future? What is the client's ability to be “in-touch” with the present moment? Notice when conversation derails from difficult content, or client hardening and struggling in front of you.

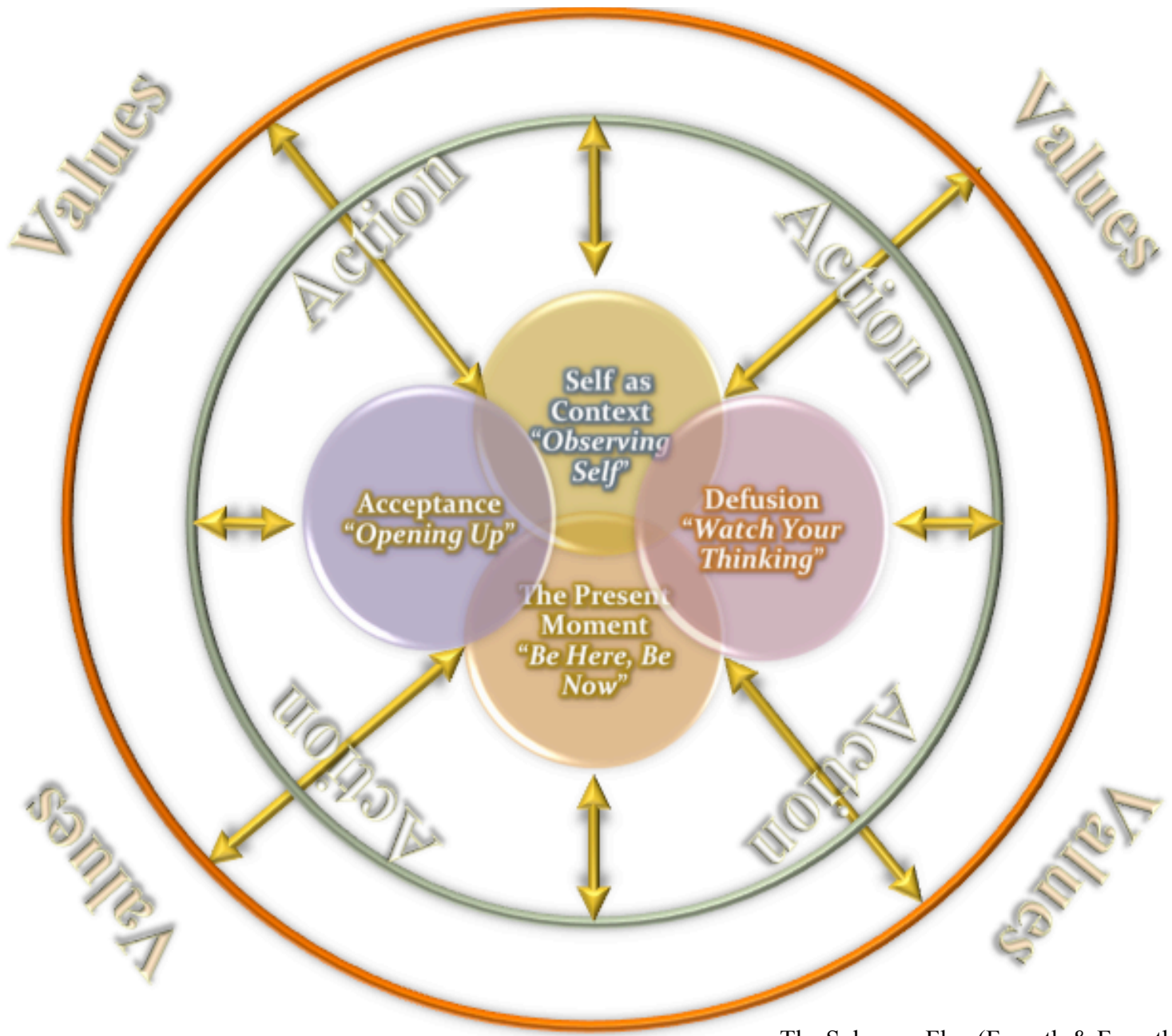
b) *Cognitive Fusion*. What sort of unhelpful cognitive content is the client fused with – rigid rules, self-limiting beliefs, unrealistic expectations, negative self-evaluations, reason-giving, being right etc. See if you can detect when they are buying into their thoughts – see the world through them vs. looking at thoughts as thoughts.

c) *Experiential Avoidance* – what private experiences is the client avoiding, and how? Look to situations that are avoided as a way into difficult private experiences that are avoided. Also look for a sense of struggle with difficult private content and/or experiences that evoke difficult private content. What are the costs of EA? How pervasive is E.A. in the client's life?

d) *Self-As-Content*. What is the client's “conceptualized self”? (e.g., do they see themselves as broken/damaged/ unlovable, defective etc.). Look at the narratives or stories clients relay about themselves, their lives, their problems, and solutions. How fused are they to this self-image?

e) *Lack of Values Clarity* – how disconnected is the client from their own true values? To what degree are they able to connect with what they really want in life? Do they even know what they care about, beyond relief from the pain and difficulty? Watch for choices in life that are meant to please others, conform to a standard, and those focused on avoiding pain, or being right. Generally, the client will have a hard time contacting what really matters to them.

f) *Inaction, Impulsivity, or Avoidant Persistence*. What you are looking for here is an absence of effective actions. For instance, in what ways are clients' actions self-defeating? Do they lack necessary skills for change? Do they fail to persist, when persistent action is required? Or do they inappropriately continue to persist when such action is ineffective? (trying harder when it is not working). Watch also for a sense of white knuckling it – a client who may be able to do something, but with great distress and unease (i.e., in a way, they are there physically, not fighting emotionally and psychologically). Watch for a lack of vitality, a sense that a person has checked out of his or her own life, and dominance of short-term goals such as feeling better, looking good, being right over long-term desired qualities of life (values).

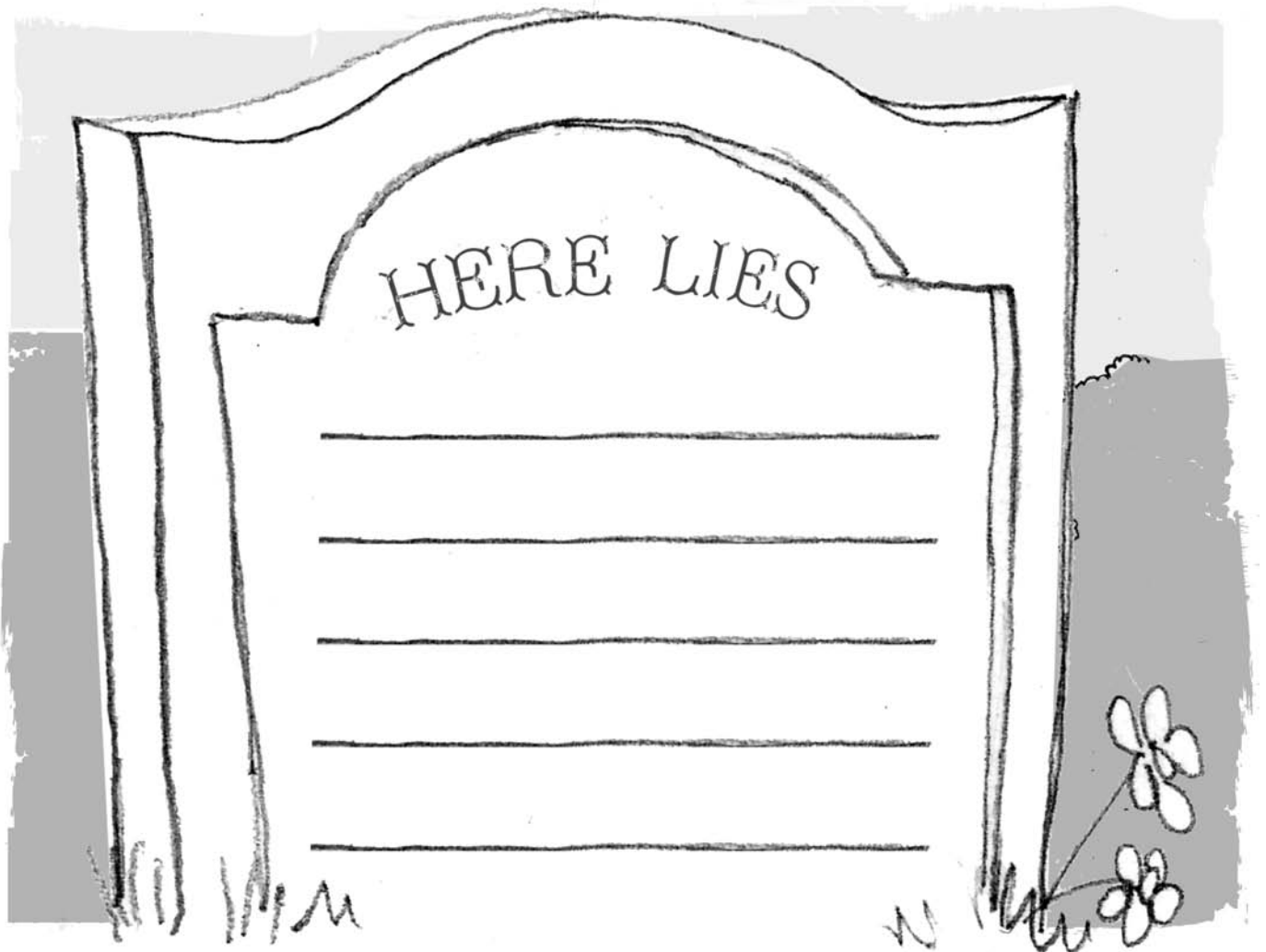


The Sphere-a-Flex (Forsyth & Forsyth, 201

1. Values are the Context for ALL the work
2. Processes in the middle serve the outer rings
3. ACTION with the other rings nurtures processes in the middle
4. Dance around the middle in the service of the outer rings
5. Use flexibly as a guide to your clinical work

EXERCISE: WRITE YOUR ANXIETY MANAGEMENT EPITAPH

Your task in this exercise is to write your epitaph (the inscription on your gravestone) as it would be written if you were to die today. What would it say if it was about what you've been doing with your anxiety management? What have you become by living in the service of your WAFs? Bring to mind all of your WAF coping-and-management strategies and be mindful of how they've gotten in the way of what you want to do. Think of everything you say aloud, think to yourself, or do with your hands or feet before, during, or after the WAFs show up to keep them at bay. List them all.

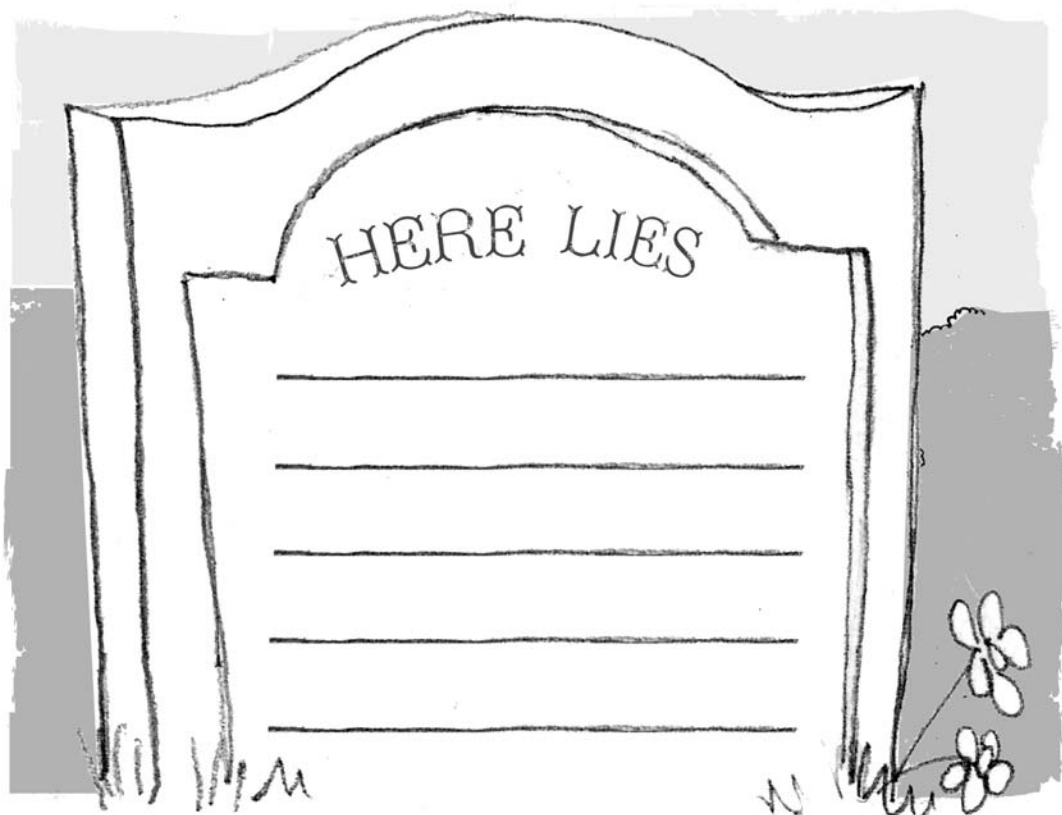


EXERCISE: MY VALUED LIFE EPITAPH

Imagine that you could live your life free of any worry, anxiety, or fear. Wouldn't that be something? As you connect with this, imagine that one day the headstone in the drawing below will be the headstone on your grave. Notice that the headstone is blank. Your epitaph (words describing your life) hasn't been written. What inscription would you like to see on your headstone?

Think of a phrase or series of brief statements that would capture the essence of the life you want to lead. What is it you want to be remembered for? If you could somehow live your life without WAFs looming over your head, then what would you be doing with your time and energy?

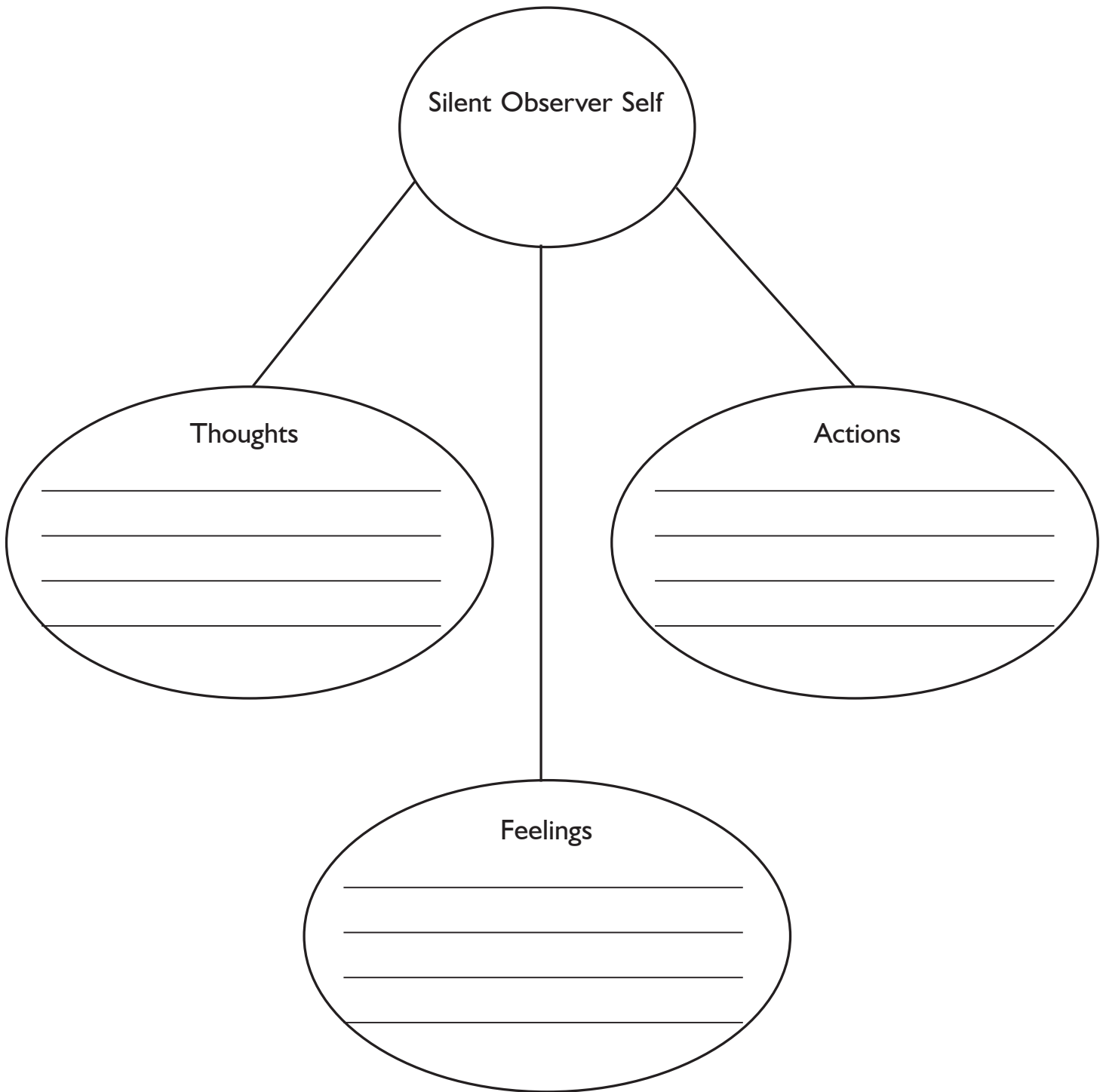
Give yourself some time to think about these really important questions. If you find an answer—or more than one—just write them down on the lines on “your” headstone. Think big. There are no limits to what you can be remembered for.



This isn't a hypothetical exercise. What you'll be remembered for, what defines your life, is up to you. It depends on what you do now. It depends on the actions you take. This is how you determine the wording of your epitaph.

Now, we make no promises that people will build a Lincoln-type memorial for you at the end of your life. Yet if you persistently move in your valued directions, chances are that people will write things on your tombstone other than “Here lies Tom: he managed his anxiety better than his life” or “Here lies Mary: she spent most of her life struggling with panic.”

EXERCISE: THE SILENT OBSERVER SELF



VALUED DIRECTIONS WORKSHEET

I. Work/career

Is this life domain important in my life NOW (circle one):

YES = It's important to me **NO** = It's not important to me

How satisfied are you with this life domain right NOW (circle one):

0 = Not at all satisfied 1 = Moderately satisfied 2 = Very satisfied

Reflect on your values and intentions

Work may involve a paid job, unpaid volunteer work, or homemaking. What's important to you about your work, and what qualities does having a job provide for you? For some people it means financial security, independence, or prestige; for others it involves intellectual challenge or interacting with or helping others.

Have you put a valued career or volunteer job on hold because of emotional or cognitive barriers? Maybe it's a fear of failure or sense of unease as you consider a career that may mean giving up some of the comforts or luxuries of your current lifestyle. Or maybe you think it would be irresponsible to pursue your dream job.

Don't let those thoughts and emotions stop you from exploring this area. After all, most of us spend a major chunk of our waking hours involved in work. There are many ways to make whatever you do personally rewarding. Keep that in mind as you envision your dream job or how you'd like to use your energy, talents, and skills productively. What would that look like? What would you do if you could be doing anything? Describe the qualities of a job or endeavor that you believe would be perfect for you.

What do you want your work or career to be about or stand for? What is important to you about your work (for example, financial security, intellectual challenge, independence, prestige, interacting with or helping people)?

My Core Values in This Domain

My Valued Intentions for Each Value

1. _____

1. _____

2. _____

2. _____

3. _____

3. _____

2. Intimate relationships (e.g., marriage, couples, partnership)

Is this life domain important in my life NOW (circle one):

YES = It's important to me **NO** = It's not important to me

How satisfied are you with this life domain right NOW (circle one):

0 = Not at all satisfied 1 = Moderately satisfied 2 = Very satisfied

Reflect on your values and intentions

This area focuses on intimate relationships with a partner or spouse. Here, we're asking you to look and see what you'd like to bring to those kinds of relationships. What kind of partner would you most like to be within an intimate relationship? What values do you want to express here in your role—what would you like to bring to such a relationship (not what others may give you in return)? What would you be doing to show greater intimacy with a close partner or spouse? What type of marital or couple relationship would you like to have? How do you want to treat your partner, or a person that you share a special commitment and bond with?

My Core Values in This Domain

1. _____
2. _____
3. _____

My Valued Intentions for Each Value

1. _____
2. _____
3. _____

3. Parenting

Is this life domain important in my life NOW (circle one):

YES = It's important to me

NO = It's not important to me

How satisfied are you with this life domain right NOW (circle one):

0 = Not at all satisfied

1 = Moderately satisfied

2 = Very satisfied

Reflect on your values and intentions

You may be a father, mother, or caretaker for a child. Or, you may have plans to someday be a parent. Here, look to see what you want to be about in this area. What type of parent do you want to be? How do you want to act to support your role as a parent? How do you want to interact with your children? What would your child see you doing to support your values here? What would others see you doing? What is it about being a parent that is important to you?

My Core Values in This Domain

1. _____
2. _____
3. _____

My Valued Intentions for Each Value

1. _____
2. _____
3. _____

4. Personal growth/education/learning

Is this life domain important in my life NOW (circle one):

YES = It's important to me

NO = It's not important to me

How satisfied are you with this life domain right NOW (circle one):

0 = Not at all satisfied 1 = Moderately satisfied 2 = Very satisfied

Reflect on your values and intentions

You nurture your personal growth when you explore yourself and develop as a human being—emotionally, intellectually, physically, spiritually, behaviorally. This often means gaining a deeper sense of who you are. In fact, many of the domains you've already read about have everything to do with your personal growth as a human being.

Personal growth is often related to learning. Traditional schooling certainly counts, but growth and learning can happen just about anywhere. You don't need a classroom for that. For example, amateur athletes may experience health or social benefits from participating in a sport, but these activities can also offer a sense of being challenged and the pleasure of learning or refining a skill.

So look within yourself and see if you can find anything about personal growth and learning that's important to you. Would you like to sharpen skills you already have, or develop new ones? Are there areas of competence you'd like to explore? Do you enjoy learning new things? Do you enjoy sharing what you've learned with others? Why is learning important to you? What skills, training, or areas of competence would you like to acquire? What would you really like to learn more about?

My Core Values in This Domain

My Valued Intentions for Each Value

1. _____
2. _____
3. _____

1. _____
2. _____
3. _____

5. Friends/social life

Is this life domain important in my life NOW (circle one):

YES = It's important to me **NO** = It's not important to me

How satisfied are you with this life domain right NOW (circle one):

0 = Not at all satisfied 1 = Moderately satisfied 2 = Very satisfied

Reflect on your values and intentions

While we're all social creatures, there's a lot of variation in what we value in the realm of social relationships and their depth and scope. Some people value knowing many people, even if they don't know any of them particularly well. Others place a premium on having a few close friendships. Still others prefer a mix of friendships, some with depth and others relatively shallow. And then there are people who prefer to be alone.

Depth relates to degree of intimacy, whether emotional, spiritual, or intellectual. So think about the importance and quality of your social life. Are social bonds important to you? What kind of relationships would you like to have? What personal qualities would you like to develop in and through your relationships? How would you interact with your friends if you were the "ideal you" with them?

Give some thought to your talents and passions, and to what might currently be missing in this area. What is unique about you as a person? What can you bring to any friendship? What kind of friend do you want to be? What does it mean to be a good friend? How do you behave toward your best friend? Why is friendship important to you?

My Core Values in This Domain

1. _____

2. _____

3. _____

My Valued Intentions for Each Value

1. _____

2. _____

3. _____

6. Health/physical self-care

Is this life domain important in my life NOW (circle one):

YES = It's important to me

NO = It's not important to me

How satisfied are you with this life domain right NOW (circle one):

0 = Not at all satisfied

1 = Moderately satisfied

2 = Very satisfied

Reflect on your values and intentions

How and why do I take care of myself? Why do I want to take care of my body and my health through what I eat, by exercising, or by being physically fit? How important is physical health to me? What roles do exercise and healthy eating play in my life?

People have a variety of motivations for trying to stay healthy. Some do it out of sheer enjoyment; others do it in order to be successful in a physically demanding job. Still others see a healthy lifestyle as a way of taking care of themselves, perhaps so that they stand a better chance of living to a ripe old age and being around for those they love.

Many of us also have old wounds from losses or unfair treatment by others, and, sadly, some have suffered abuse and trauma. These experiences can change us for good or for ill. So often the darkness is all we can see, and this makes us harden up. We blame ourselves or others and retreat from the world and all it has to offer. This ultimately hurts us in the end.

The antidote is to practice acts of kindness and loving care—starting with yourself and then expanding out to other people in your life. This can help you stop being at war with yourself and will also take the sting out of the psychological pain and unhappiness you've lived through and may continue to experience now. And even if you don't have much pain in your life, you still might value kindness and compassion.

How important is it to you to learn to be kinder to yourself? How would your life be different if you were to practice more acceptance and compassion toward your feelings, memories, and wounds? Do you look for ways to practice acts of kindness toward yourself, and if so how does that look? What do you do? If you don't do this currently, what form might it take? Even if self-compassion seems difficult, does it seem important for you to start moving in that direction?

Think about what motivates you to stay healthy—mind and body. There are many possible reasons for actively pursuing good health, and all are valid. What is it about caring for your physical and mental well-being that's appealing to you, and how important is it to you to act in accordance with this value?

My Core Values in This Domain

My Valued Intentions for Each Value

1. _____
2. _____
3. _____

1. _____
2. _____
3. _____

7. Family of origin (parents/caretakers/siblings you grew up with)

Is this life domain important in my life NOW (circle one):

YES = It's important to me **NO** = It's not important to me

How satisfied are you with this life domain right NOW (circle one):

0 = Not at all satisfied 1 = Moderately satisfied 2= Very satisfied

Reflect on your values and intentions

Take a moment now to consider your relationships with members of the family in which you were raised. This may include your stepfamily members too. Are your family bonds important to you? Do they give you a sense of meaning and purpose? What kind of relationship do you want to have with your parents, caretakers, or siblings? Are these roles and relationships important to you, and if so, how?

Be mindful of your passions and talents in this area too. What do you bring to this domain and what do you feel strongly about in this area? Also think about whether there's anything missing from your life in this area. How do you want to interact with your family members? If you have siblings or stepsiblings, what type of stepsister or stepbrother do you want to be? If your parent(s) is/are alive, what type of son or daughter do you want to be?

My Core Values in This Domain

My Valued Intentions for Each Value

1. _____
2. _____
3. _____

1. _____
2. _____
3. _____

8. Spirituality

Is this life domain important in my life NOW (circle one):

YES = It's important to me **NO** = It's not important to me

How satisfied are you with this life domain right NOW (circle one):

0 = Not at all satisfied 1 = Moderately satisfied 2= Very satisfied

Reflect on your values and intentions

We are all spiritual beings in a sense. This is true whether you practice a faith, pray, meditate, ponder life's questions, or seek out ways to grow in awareness of yourself and your connections with other human beings and the world around you. So participating in an organized religion counts here, but for many people spirituality transcends the boundaries of a religion, place of worship, or belief in a higher power.

Take a moment to reflect on your spirituality. Do it broadly and on your own terms, and don't limit yourself to cultural or social expectations. What seems most appropriate and suitable for you? Are there things larger than your own life that inspire you? What are the mysteries of life before which you stand in awe? In what (if anything) do you have faith? Describe the role you'd like to see spirituality play in your life and how that would manifest. If you had this in your life, what kind of qualities would it provide for you?

My Core Values in This Domain

1. _____
2. _____
3. _____

My Valued Intentions for Each Value

1. _____
2. _____
3. _____

9. Community life/environment/nature

Is this life domain important in my life NOW (circle one):

YES = It's important to me

NO = It's not important to me

How satisfied are you with this life domain right NOW (circle one):

0 = Not at all satisfied

1 = Moderately satisfied

2 = Very satisfied

Reflect on your values and intentions

We all belong to a community of some sort. You can think of this area broadly or narrowly, from being a citizen of a country or state to being involved in your town or neighborhood to the particular role you play in a social group, your workplace, a religious or secular group, or an organization. You may feel a connection with community on one or many of these levels. And it's also likely that you place varying degrees of importance on giving back in terms of your time, talents, and resources.

With all of this in mind, is being part of a community—something larger than yourself—important to you? Do you care about giving back or making a difference in the lives of others in your community? What kind of person do you want to be at whatever level of involvement you find yourself? How would you like to share your talents and passions in your community? What pulls at your heart here?

Taking care of the environment is on the minds of many, and there are many ways to do that. But you can also think of environment more broadly, as anywhere you might be: school, work, home, shopping, and so on. So, as you think about environment and nature on your own terms, consider some of these questions.

Is serving the planet important to you? For instance, do you enjoy taking care of your surroundings? Beyond things like recycling or conserving energy or water, this could include landscaping, planting a tree, or caring for a garden, or it might mean attending to your home or work space. Enjoyment of the natural world can take many forms: hiking, camping, hunting, fishing, rock climbing, sailing, relaxing on the beach—the list goes on and on. Maybe you simply like to commune with nature in a contemplative way.

Look to see if sharing, helping, or reaching out is important to you, and if so, how you might express that. Also consider if you feel that anything is currently missing in this area of your life. What can you do to make the world a better place? Why are community activities (such as volunteering, voting, recycling) important to you? What do you care about when you consider the environment or nature?

My Core Values in This Domain

My Valued Intentions for Each Value

1. _____
2. _____
3. _____

1. _____
2. _____
3. _____

10. Recreation/leisure

Is this life domain important in my life NOW (circle one):

YES = It's important to me **NO** = It's not important to me

How satisfied are you with this life domain right NOW (circle one):

0 = Not at all satisfied 1 = Moderately satisfied 2 = Very satisfied

Reflect on your values and intentions

The way you spend your leisure time can profoundly affect your quality of life, so it's important to consider it carefully. This domain can include just about anything. You can have a spirit of play outside of work, and at work too.

When children are playing for fun, they're doing much more than just having fun. Children love playing because it allows them to fully absorb themselves in activities that often call on all of their senses. Children also use play to express themselves—their feelings, moods, and dreams. But play isn't just for children! Adults can and often want to play for the same reasons that children do: to be fully absorbed in an activity that's fun and that allows them to express the playful and creative part of themselves.

In this domain, look for the value you place on expressing that playful spirit. Do you cherish having time to unwind, have fun, be a kid again, challenge yourself, or develop new interests or skills like playing a musical instrument? Any activity that has a playful quality to it counts here.

So how would you describe the quality of this part of your life if it were exactly the way you would like it to be? And with that in mind, what activities, interests, or hobbies would you love to cultivate and explore if you could? How do you feed yourself through hobbies, sports, or play? Why do you enjoy these things?

My Core Values in This Domain

My Valued Intentions for Each Value?

1. _____
2. _____
3. _____

1. _____
2. _____
3. _____

The Common Core Values Guide

Listed here are common values people find important to them. This list is by no means exhaustive, so feel free to add your own values. This list is a guide to help you identify and clarify what is truly important to you.

Empathy	Quiet	Kindness	Risk	Appreciation
Parenting	Admiration	Surrender	Action	Excellence
Inspiration	Beauty	Peace	Control	Challenge
Belief	Nurture	Hope	Gratitude	Self-Expression
Sacredness	Calm	Change	Learning	Accomplishment
Nature	Community	Fairness	Partnership	Faithfulness
Adventure	Contribution	Truth	Pleasure	Security
Service	Happiness	Power	Serenity	Enlightenment
Play	Relationship	Inner Strength	Invention	Encouragement
Fun	Equanimity	Reliability	Honor	Work
Order	Connection	Structure	Strength	Intellect
Spirituality	Passion	Self-Respect	Imagination	Planning
Humor	Patience	Friendship	Joy	Honesty
Wholeness	Persuasion	Intuition	Rules	Dignity
Family	Love	Home	Leadership	Dependability
Consistency	Grace	Mastery	Laughter	Integrity
Support	Winning	Growth	Creativity	Loyalty
Health	Tradition	Compassion	Sexuality	Respect
Safety	Attention	Spontaneity	Courage	Understanding
Pride	Rituals	Wealth	Sensuality	Justice
Trust	Discovery	Vitality	Feelings	Self-Control
Freedom	Kindness	Independence	Openness	Curiosity

Use the spaces below to add your own words:

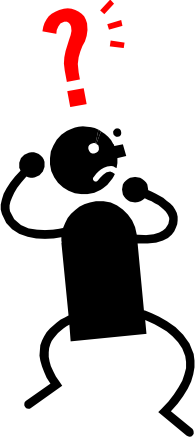
THE LIFE COMPASS

The Life Compass is a circular diagram with a central figure of a person standing on a platform. Surrounding the figure are ten life domains, each represented by a rounded rectangle. Below each domain is a rating scale with three boxes labeled 'i=', 's=', and 'a='.

- Work/career
- Intimate relationships
- Parenting
- Recreation/leisure
- Community life/environment/nature
- Personal growth/education/learning
- Spirituality
- Friends/social life
- Family of origin
- Health/physical self-care

MY BARRIERS

Important Value Area (From Values Worksheet: _____)

YOU	Barriers	VALUE INTENTIONS
		

FEEL* THOUGHT AND IMAGERY WORKSHEET

Date: _____ Time: _____ a.m./p.m.

0	1	2	3	4	5	6	7	8	9	10
Low					Moderate					Extreme

	Sensation Intensity (0–10)	Anxiety Level (0–10)	Willingness to Experience (0–10)	Struggle with Experience (0–10)	Avoidance of Experience (0–10)
Exercise					
Bubble Wand	_____	_____	_____	_____	_____
Kind Allowing with Disturbing Images	_____	_____	_____	_____	_____
Difficult Thoughts and Urges Cards	_____	_____	_____	_____	_____
Stand Silently with Urges	_____	_____	_____	_____	_____
Leaves on a Stream	_____	_____	_____	_____	_____
Other _____	_____	_____	_____	_____	_____
Other _____	_____	_____	_____	_____	_____

* Feeling Experience Enriches Living

Fear Ladder (*Sample*)

What is my goal? Touch objects in public places (malls)

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
 No Fear Moderate Fear Extreme Fear

STEP		FEAR RATING
13	<i>Use toilet at mall</i>	10+/10
12	<i>Use hands to open and close stall door</i>	10/10
11	<i>Touch counter and taps in mall bathroom</i>	9/10
10	<i>Touch knob on mall bathroom door</i>	9/10
9	<i>Touch garbage can in the mall</i>	8/10
8	<i>Use public phone at mall</i>	8/10
7	<i>Use hands to push open doors to mall entrance</i>	7/10
6	<i>Touch table in the food court</i>	7/10
5	<i>Sit on bench at mall and touch bench with hands</i>	6/10
4	<i>Touch railing at mall</i>	6/10
3	<i>Touch items in a store</i>	5/10
2	<i>Sit on bench at mall</i>	4/10
1	<i>Walk around public places, such as the mall</i>	2/10

ACT Willingness FEAR Ladder

Valued Direction: _____

Willingness

Yes No

FEAR

0 1 2 3 4 5 6 7 8

Willingness

Yes No

FEAR

0 1 2 3 4 5 6 7 8

Willingness

Yes No

FEAR

0 1 2 3 4 5 6 7 8

Willingness

Yes No

FEAR

0 1 2 3 4 5 6 7 8

Willingness

Yes No

FEAR

0 1 2 3 4 5 6 7 8

Willingness

Yes No

FEAR

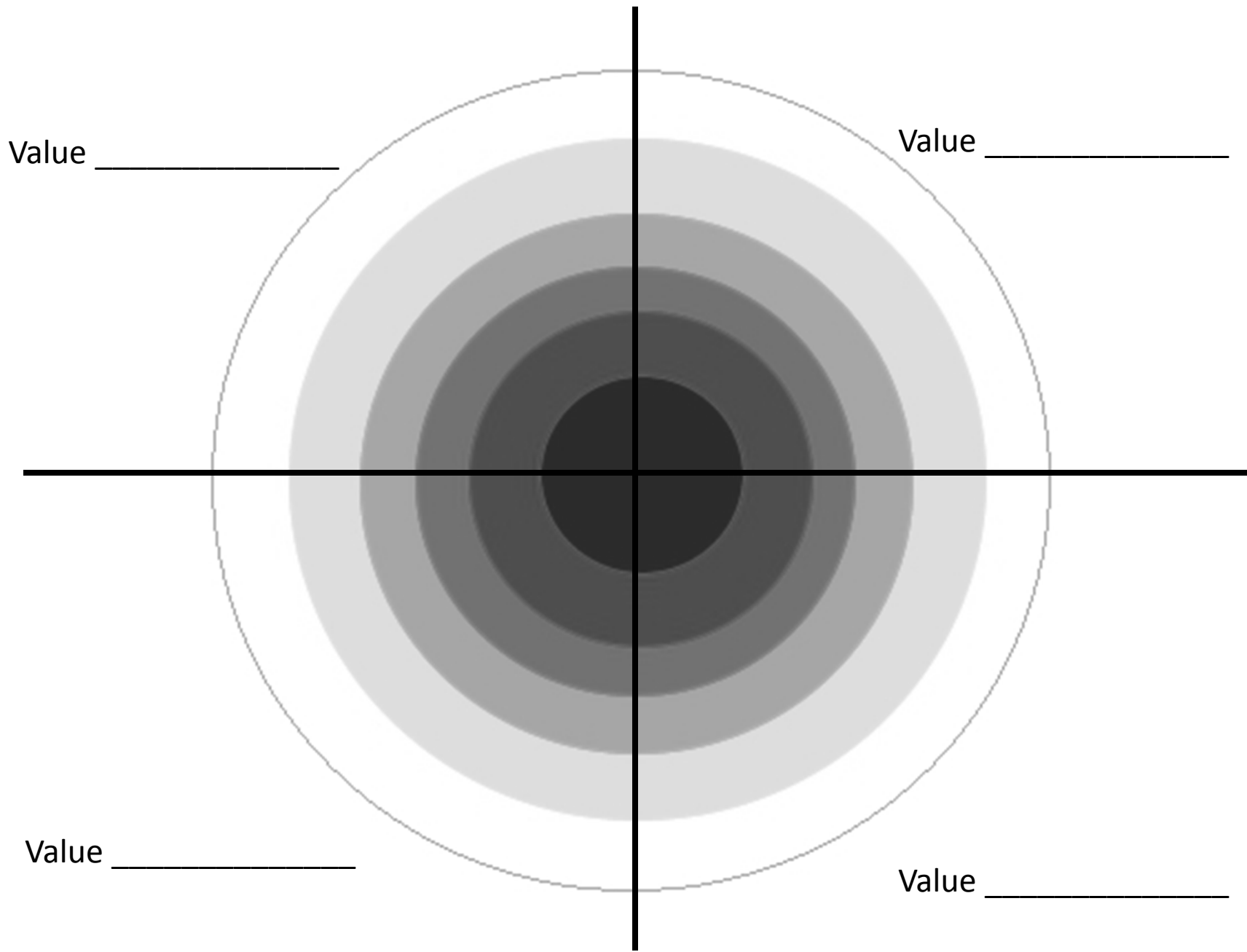
0 1 2 3 4 5 6 7 8

Willingness

Yes No

FEAR

0 1 2 3 4 5 6 7 8



EXERCISE: CHANGING RADIO STATIONS

Anxiety News Radio (WANR)

Here's the message you've been getting:

Welcome to Anxiety News Radio, WANR, broadcasting inside your head twenty-four hours a day, seven days a week. We're the news station you've grown up with and we're the station that never sleeps. Anxiety News Radio is known for its cutting-edge coverage of all of your deep-seated fears, worries, and all that is wrong with you. We'll offer you round-the-clock compelling listening of doom and gloom—morning, noon, and night. Our mission is to drown out your values and keep you stuck. Our goal is to take over and control your life whenever we can. When you wake in the early hours, WANR will be there to make you aware of all the unpleasant aspects of your life, even before you get out of bed. We'll bring you all the things that you find most disturbing and distressing—anytime, anywhere. So don't forget that, and if you should try to forget us or tune us out, then we'll be sure to crank up the volume and broadcast even louder. So, please pay attention! And remember, Anxiety News Radio knows what's best for you—what you think and feel inside your skin can be really awful. So, just stay tuned and keep on listening. We know how to pull you out of your life in a flash and keep you stuck.

Just So Radio (WJSR)

Here's the message you could be tuning in to instead:

Wake Up! Anxiety News Radio is just a station—you can tune in or you can tune out! One thing is guaranteed though, whatever the time of day, you'll hear the same old stuff on WANR. If that's been really helpful to you, then go ahead, tune in and stay tuned. If not, then tune in more often to Just So Radio—WJSR. Here at WJSR, we bring you the news of actual experience, in the moment—all live, as it is, all the time. We won't bog you down with the negative spin that your mind creates, or leave you dwelling in the past or future that has yet to be. Living well right now is our business! So, at Just So Radio, we'll give it to you straight—color commentary about your experiences and your life just as they are. At WJSR, you won't find commercials trying to sell you the same old unhelpful thoughts that we know keep people stuck. Just So Radio brings you information about how things are, not how you fear they might be. At WJSR, we invite you, our listener, to step forward and touch the world, just as it is, and to touch your life, just as it is. Our business is to bring you into fuller contact with the world outside and inside your skin as we point you in directions that matter to you. And, we're entirely free! Our listeners tell us that tuning in to WJSR adds vitality to their lives and can even bring them joy. And, we get louder the more you listen to us. So stay tuned. Give us a fair trial and if you're not convinced by your own experience (please don't take our word for it), then WANR—Anxiety News Radio—is still there on the dial.

VALUE AND GOALS WORKSHEET

My Value: _____			
Goal I want to achieve: _____			
Steps toward achieving my goal	Barriers	Strategies	Date(s) achieved
1.			
2.			
3.			
4.			
5.			

Guided Exercises

Forsyth & Eifert (2016) *The Mindfulness & Acceptance Workbook for Anxiety, 2nd Ed.*

Tracklist (audio available for download with purchase of the workbook):

1. Simple Centering
2. Centering Into Your Heart
3. Let's Get Present by Coming Back to Your Breath
4. Riding the Storm Out
5. Weakening the Blocking Power of Barriers
6. Acceptance of Thoughts and Feelings
7. The Constant Observer
8. "I AM" Mantra Meditation
9. Identifying Internal Barriers
10. Changing Radio Stations
11. WAF Surfing
12. Acceptance of Anxiety
13. Loving-Kindness Meditation
14. Learning to Let Go of Grudges
15. Embracing the "Bad," Giving Away the "Good"
16. Bubble Wand
17. Leaves on a Stream
18. Grounding in the NOW
19. Being Kind with Your Old Wounds
20. The Candle of Forgiveness
21. Anticipating Barriers
22. Getting in Touch with the Rewards of Living My Values
23. Creating a Success Story

EXERCISE: Simple Centering

Go ahead and get in a comfortable position in your chair. Sit upright with your feet flat on the floor, your arms and legs uncrossed, and your hands resting in your lap. [5 secs] Allow your eyes to close gently. [5 secs] Take a couple of gentle breaths—in ... and out ... in ... and out. [10 secs] Notice the sound and feel of your own breath as you breathe in ... and out ... [10 secs]

Now turn your attention to being just where you are. Notice any sounds that you may hear close to you and then farther away. [5 secs] Notice how you're sitting in your chair and feel the place where your body touches the chair. [5 secs] What are the sensations there? [5 secs] How does it feel to sit where you sit? [10 secs]

Next, notice the places where your body touches itself, and bring your awareness to the spot where your hands touch your lap or legs. [5 secs] And now, imagine your awareness pouring down over your hips to where your feet touch the floor. How do your feet feel in the position that they are in? [10 secs] Notice too that your feet are firmly grounded to the floor and earth beneath you. [10 secs]

Now gently expand your awareness and just notice sensations in the rest of your body. [5 secs] If you feel any sensations in your body, just notice them and acknowledge their presence. [5 secs] Also notice how they may, by themselves, change or shift from moment to moment. Do not try to change them. [10 secs]

Now let yourself come back to being just where you are, here with this workbook. See if you can feel the investment of yourself here, right now. What are you here for? [10 secs] If you're thinking this sounds strange, just notice that and come back to the sense of integrity here. Be aware of the value that you are serving by being here. [10 secs]

And, see if you can allow yourself to be present with what you are afraid of. Notice any doubts, reservations, fears, and worries. [5 secs] See if you can just notice them, acknowledge their presence, make some space for them, and allow them to be there. You don't need to make them go away or work on them. [10 secs] With each breath, imagine that you are creating more and more space for them, more space for you to be you, right here where you are. [5 secs] Now see if for just a moment you can be present with your values and commitments. Why are you here, working with this workbook? [5 secs] Where do you want to go? [5 secs] What do you want to do with your life? [10 secs]

Then, when you're ready, let go of those thoughts and gradually widen your attention to take in the sounds around you, and slowly open your eyes with the intention to bring this awareness to the present moment and the rest of the day.

EXERCISE: Centering into Your Heart

Go ahead and get in a comfortable position in your chair. Sit upright with your feet flat on the floor, your arms and legs uncrossed, and your hands resting in your lap. [5 secs] Allow your eyes to close gently. [10 secs] Take a couple of gentle breaths—in ... and out ... in ... and out. [10 secs] As you're doing so, notice the sound and feel of your own breath. [10 secs]

Now turn your attention to being just where you are. Notice any sounds that you may hear close to you and then farther away. [5 secs] Notice how you are sitting in your chair. What are the sensations there? [10 secs]

Next, notice the places where your body touches itself, and bring your awareness to the spot where your hands touch your lap or legs. [5 secs] And now, imagine your awareness pouring down over your hips to where your feet touch the floor. How do your feet feel in the position that they are in? [5 secs] Notice too that your feet are firmly grounded to the floor and earth beneath you. [10 secs]

Now gently expand your awareness and just notice sensations in the rest of your body. If you feel any sensations in your body, just notice them and acknowledge their presence. [10 secs] Also notice how they may, by themselves, change or shift from moment to moment. Don't try to change them. [10 secs]

When you're ready, go ahead and allow your awareness to drift back, ever so slowly and gently, to your breath and just be here, right where you are. [5 secs] Notice that your breath is still with you, and along with it, the rising and falling of your chest and belly as you breathe in ... and out. [5 secs] Imagine that with each breath in, you are creating more and more space inside of you to just be here. [5 secs] Let each breath expand your heart, creating more space within you as you breathe in ... and then slowly out. [5 secs] Notice the space within you growing even just a little bit with each inhale you take, and then softening with each exhale. [10 secs]

Now, bring your awareness to that space within you just about in your center in the middle of your chest. [10 secs] Imagine settling your awareness in that special space close to your heart, however large or small it may be. [10 secs] Let your awareness settle and rest easily there, breathe gently and sense your breath going into that space around your heart. [10 secs]

And as your awareness settles in that heart space, we'd like to invite you to get in touch your intentions. Why are you here? [5 secs] What do you want to be about? [5 secs] What do you want to become? [15 secs] And breathe. Soften to what shows up for you. [10 secs]

As we conclude this practice, we'd like to invite you to hold your intentions lightly, as you might hold a small butterfly or a tiny baby in your arms. [10 secs] Don't let go, just see if you can bring lightness, care, and gentleness to yourself and the intentions you hold dear. [15 secs]

And then, when you're ready, go ahead and take two deep cleansing breaths by filling your lungs fully, and then slowly releasing the air. [10 secs] Repeat that once again, and then slowly open your eyes while gently holding your intentions close to your heart as you go about your day.

EXERCISE: Let's Get Present by Coming Back to Your Breath

Go ahead and get in a comfortable position in your chair. Sit upright with your feet flat on the floor. [5 secs] Place one hand on your chest, just above your rib cage. Then place your other hand on your belly, just over your belly button. [5 secs] Allow your eyes to close gently. [5 secs] Take a couple of gentle breaths: in ... and out ... in ... and out. Notice the sound and feel of your own breath as you breathe in ... and out. [10 secs]

Now turn your attention to the movement of your hands as you simply breathe in ... and out ... in ... and out. [10 secs] Allow your breathing to be natural here as you simply notice the movement of your hands as they rise and fall with each breath. There's nothing else to do, no state to be achieved. Simply notice and watch. [10 secs]

As you settle in, you may notice that your attention gets pulled elsewhere. Maybe you notice thoughts ... thoughts about you ... thoughts about this exercise. That's okay. [5 secs] When you notice your attention being pulled into your mind, simply acknowledge that, and then bring your awareness back to the movement of your hands as they rise and fall with each breath. [10 secs]

You may also notice that your attention is drawn to sounds around you, maybe sounds in the room, or outside nearby. That's okay to notice too. [5 secs] Simply acknowledge those sounds, and then gently bring your attention back to your hands as they move with each breath in ... and out ... in ... and out. [10 secs] Remind yourself too that your breath is always with you even if your attention goes someplace else. [10 secs]

There may be moments when your attention gets pulled into physical sensations in your body, or even strong emotions. Dull ones are fine too. Maybe you're tired, or bored, or feel a grumbling in your stomach. [5 secs] The practice here is still the same. Gently acknowledge where your attention led you, and then kindly bring your awareness back to your hands and to the breath. [10 secs] Notice again that the breath is always with you. [10 secs]

As this time for practice comes to a close, let go of any thoughts and slowly widen your attention to take in the sounds around you. [5 secs] As you do, take two or three cleansing breaths in and out. With each cleansing breath, fill your lungs as much as you can with each inhale, pause for a moment, and then slowly exhale. [10 secs] Repeat that one or two times, and then slowly open your eyes with the intention to practice bringing your attention back to your breath—your safe refuge.

EXERCISE: Riding the Storm Out

Get comfortable in your chair and allow your eyes to close gently ... [5 secs] take a few moments to notice the natural rhythm of your breath as you breathe in ... and out. [10 secs]

As you settle, bring to mind a recent situation where you felt the strong urge to cut and run from your fear and anxiety. [10 secs] Take a few slow deep breaths and bring the situation alive in your mind as best you can ... where were you? ... who else was there? ... what happened ...? [5 secs] What did you experience then and what are you experiencing again right now? [10 secs]

As you bring the situation to mind, you may notice the storm of anxiety or fear rolling in. You can hear the thunder, or even feel the rumble of physical sensations. [10 secs] Notice any stormy physical changes in your body, including pain, pressure, or other scary sensation that is kicking up and blowing around. [5 secs] There may be lightning strikes of thoughts, perhaps about your sensations and feelings. What's your mind telling you about them? [5 secs] about the situation? [5 secs] about you? [10 secs]

Next, bring your attention to the physical experience of the urge to act. Notice the wild energy there, as the pounding rain tries to wash away your resolve and all that you care about [5 secs] Is there pressure, tightness, or tension? If so, where is it located? [5 secs] Does it have a shape? [5 secs] a color? [15 secs]

Now, choose to ride the storm out ... imagine opening up, arms wide open, and staying with the wild energy below the surface of your experience. [5 secs] If you can, go ahead and open your arms as wide as you know how. This time you're not doing what you've always done. [5 secs] Look deeply into your experience without trying to fix it, fight it, or suppress it, and without acting on it. [5 secs] Find the pain and hurt driving the storm to new heights ... gently look at it, breathe with it, and bring kindness to it ... ride it and let it be. [15 secs] Notice how the storm is trying to throw you off track and push you to act in unhelpful ways [5 secs] Just stay there, your arms still wide open, bringing kindness and curiosity to the energy and pain, as you would do for a dear friend or loved one who is in pain and needs your help. [15 secs]

See if you can notice as the storm front within you starts to move on. Notice as things begin to quiet down and become still. [10 secs] And, as you rest in that stillness, notice what is new or different for you ... [10 secs] See if you can connect with having done something good for yourself [5 secs] your life [5 secs] even if you were scared, feeling the strong urge to run or lash out. [10 secs]

As this time for practice comes to an end, acknowledge and honor the step you took with this exercise and commit to practice riding out your difficult urges in the service of your life. [10 secs] When you hear the bell, bring yourself back to the present and slowly open your eyes. [5 secs] Take a moment to reflect on what you've experienced and learned.

EXERCISE: Weakening the Blocking Power of Barriers

Go ahead and get in a comfortable position in your chair. Sit upright with your feet flat on the floor, your arms and legs uncrossed, and your hands resting in your lap. [5 secs] Allow your eyes to close gently. [5 secs] Take a couple of gentle breaths: in ... and out ... in ... and out. [10 secs] Notice the sound and feel of your own breath as you breathe in ... and out. [10 secs]

Now turn your attention to being just where you are. Just being. [5 secs] There's nothing to do but be in this moment, resting in an awareness of your breath as you breathe in ... and out. [10 secs] Allow the sense of just being as you are to wash over you like a warm summer breeze. [10 secs]

When you're ready, expand your awareness just a bit and make contact with why you're here, working with this program. Notice the investment you're making in your life. [10 secs] Become aware that many other people, just like you, are also making similar investments in their own lives. [5 secs] Notice that you are not alone in this. [10 secs] What you're doing in this moment is an act of courage, integrity, and self-love. [5 secs] This courageous act of yours is united with many other people from all walks of life who are doing the same. [15 secs]

Notice any doubts, reservations, fears, and worries. [5 secs] You don't need to make them go away or work on them. [10 secs] With each breath, imagine that you are creating more and more space for them, more space for you to be you, right here where you are. [15 secs]

Now see if for just a moment you can be present with any anxiety barriers that come to mind. [5 secs] If your instinct is to struggle with them, just notice that, without getting tangled up in the struggle. [5 secs] See if you can allow those thoughts, and other aspects of your experience, to just be. [5 secs] Open your heart to them, and as much as you can, welcome them as part of your experience. [15 secs]

And as we get ready to close this centering exercise, gently ask yourself this: Am I willing to learn how to change my relationship with my barriers and accept them as part of myself? [10 secs] And, is my life, and my values, important enough to me to be willing to do this now and perhaps again and again? [15 secs]

Then, when you are ready, gradually widen your attention to take in the sounds around you and slowly open your eyes with the intention to bring this awareness of just being as you are to the present moment and the rest of the day.

EXERCISE: Acceptance of Thoughts and Feelings

Get in a comfortable position in your chair. Sit upright with your feet flat on the floor, your arms and legs uncrossed, and your hands resting in your lap (palms up or down, whichever is more comfortable). [5 secs] Allow your eyes to close gently. [10 secs]

Take a few moments to get in touch with the movement of your breath and the sensations in your body. [5 secs] As you do that, slowly bring your attention to the gentle rising and falling of your breath in your chest and belly. [10 secs] Like ocean waves coming in and out, your breath is always there. [5 secs] Notice its rhythm [5 secs] the changing patterns of sensations [5 secs] the temperature of the air as it passes in and out of your nose [5 secs] the movement in your chest and belly. Take a few moments to feel the physical sensations of the breath moving in ... and out. [15 secs]

There's no need to control your breathing. Simply let the breath breathe itself. [5 secs] As best you can, bring an attitude of generous allowing and gentle acceptance to your experience, just as it is. [10 secs]

Sooner or later your mind will wander away from the breath to other concerns, thoughts, worries, images, bodily sensations, planning, or daydreams, or it may just drift along. [5 secs] This is what minds do much of the time. [10 secs] When you notice that your mind has wandered, just acknowledge that awareness of your experience. Then, gently, and with kindness, come back to the breath. [15 secs]

If you become aware of feelings, tension, or other intense physical sensations, just notice them, acknowledge their presence, and see if you can make space for them. [10 secs] Imagine with each in-breath you are creating more space inside of you for all of you and see if you can welcome that as you return to the breath. [10 secs]

You may notice sensations in your body and how they change from moment to moment. [5 secs] Sometimes they're stronger, sometimes they stay the same, and sometimes they grow weaker—it doesn't really matter what they do. [10 secs] Breathe calmly in to and out from the sensations of any places where you feel discomfort, imagining the breath moving in to, and out from, that region of the body. [10 secs] As you do, remind yourself that you are getting better at feeling and being with all that is you, as it is, in this moment. [10 secs]

Along with physical sensations in your body, you may also notice thoughts about the sensations and thoughts about the thoughts. [10 secs] You may notice your mind coming up with evaluations such as "dangerous" or "getting worse," or "bored." [5 secs] If that happens, notice those evaluations and return to the breath and the present moment, as it is. [10 secs] Thoughts are thoughts, physical sensations are physical sensations, feelings are feelings, nothing more, nothing less. [10 secs]

If you wish, you can name thoughts and feelings as you notice them. [5 secs] For instance, if you notice dwelling on the past, label that “a memory” and come back to the breath. [10 secs] Or, if you find yourself worrying about the future, label that “worry” and again, come back to the present moment, right here, right now, being with the breath. [10 secs] Perhaps there is judging ... notice that, and then return to the present breath, bringing a quality of kindness and compassion to your experience. [10 secs]

Thoughts and feelings come and go in your mind and body. The breath remains in this moment. [5 secs] You are the observer of your experience and not what those thoughts and feelings say, no matter how persistent or intense they may be. [10 secs] You are the place and space for your experience. [5 secs] Make that space a kind space, a gentle space, a loving space, a welcome home. [15 secs]

As this time of formal mindful practice comes to an end, you may wish to commit to the intention of bringing this purposeful awareness of the present moment to the rest of your day. [10 secs] Then, when you're ready, gradually widen your attention to take in the sounds around you ... and slowly open your eyes.

EXERCISE: The Constant Observer

Close your eyes, get settled in your chair, and simply follow the instructions. If you ever find your mind wandering, just gently come back to the sound of the voice. There's no need to think, do, or imagine anything in particular—so whatever comes up is just right. [10 secs]

Before we start, take a couple of gentle breaths—in ... and out ... in ... and out. [10 secs] As you're doing so, notice the sound and feel of your own breath. [10 secs] Now turn your attention to being just where you are, here in this room sitting in a chair. [10 secs]

Now imagine you're watching yourself in a mirror. [10 secs] The eyes looking back at you now are the very same eyes that were also there on your first day of school. [10 secs] Can you still remember that day? [5 secs] What did you see with your eyes then? [5 secs] And what was happening inside of you that day? Do you notice any emotions you were having ... any thoughts? [10 secs] Now I want you to notice that, as you noticed these things, there was a part of you noticing them. A part of you noticed those sensations ... those sounds ... thoughts ... and feelings. And that part of you we will call the "observer you." [15 secs] There is a person in here, behind those eyes, who is aware of what I am saying right now. And it is the same person you've been all your life. [10 secs] In some deep sense, this observer you is that you, which you call "you." [10 secs]

Now I want you to remember the day you met your first girlfriend or boyfriend, or if your memory of that event is too faint, then remember the day you met your current partner ... [10 secs] The eyes looking back at you from the mirror are the very same eyes that were there with you then, noticing everything that was happening. [10 secs] Remember all the things that were happening then ... Remember the sights ... the sounds ... the smells ... your feelings ... your thoughts ... and as you do, see if you can notice that you were there then, noticing what you were noticing. [10 secs] See if you can catch the person behind your eyes who saw, heard, smelled, felt, and had thoughts. [10 secs] You were there then, and you are here now. [10 secs] We're just asking you to notice the experience of being aware and to check and see if in some deep sense, the you who is here now, was also there then ... [10 secs] The person aware of what you are aware of now is here now, and that person was also there then. [10 secs]

Behind those eyes you see in the mirror now is the same you who was with you when you were a kid on vacation with your family, later in high school, in college, and still later on the job. [10 secs] It's also the same you who is with you today when you leave the house in the morning, when you check your cell phone, go shopping, and when you're having dinner together with friends. [15 secs]

What is important here is this: during all these moments you saw different things, had different thoughts, and experienced different feelings. [5 secs] Your looks have changed a lot over time as well. But one thing hasn't changed: it has always been the same pair of eyes that during all these different experiences looked *at* these experiences and watched everything. [10 secs] The

observer behind your eyes was there then, and it is here now—and that observer was the same then as it is now. [10 secs] Again, we're asking you not to believe this; just see if you notice this basic continuity—in some deep sense at the level of experience, not at the level of belief. [5 secs] This observer has always been the same. You have been you your whole life. [15 secs]

Your roles are constantly changing too. Sometimes you're a friend, a parent, a colleague, a business partner, a romantic partner. [5 secs] But no matter what role you happen to be playing at any given time, there is a you there behind your eyes who is not changing but simply observing how you move through life playing out all those different roles. [15 secs]

Now finally, let's look at your emotions. [5 secs] Notice how your emotions are constantly changing. Sometimes you feel joyful, sometimes you feel sad. [10 secs] At other times, you feel tense ... and then comes boredom ... excitement ... relaxation. [10 secs] And yes, while these emotions come and go, notice that in some real sense the you who is registering all these changing emotions does not change. [10 secs] The same is true for your thoughts. They come and go, seemingly out of nowhere, and then go back there again. [10 secs] Sometimes you think about others, sometimes you think about yourself. [5 secs] Sometimes your thoughts make sense to you, and sometimes they don't. [10 secs]

So, as a matter of experience, not of belief, can you sense that you're not just your body ... your roles ... your emotions ... your thoughts? [5 secs] All of these are the content of your life, while you are the arena ... the place ... the space in which they unfold. [15 secs] Notice that the WAFs you've been struggling with and trying to change are not you, no matter how long this war goes, *you* will be there, unchanged and safe. [15 secs] See if you can take advantage of this connection to let go of your WAFs just a little bit, secure in the knowledge that you have been you through it all, and that you need not be so invested in your emotional weather as a measure of your life. [10 secs] Instead, just notice the experiences in all the areas of your life that show up, and as you do, notice that *you* are still here, being aware of what you are aware of. *That* does not change. [15 secs]

Take a moment longer and just stay with this silent unchanging constant witness. [10 secs] Then when you're ready, picture yourself sitting on your chair in your room. And after a moment or two, come back to your room and open your eyes.

EXERCISE: Identifying Internal Barriers

Take a moment to close your eyes and get yourself centered right where you are. [15 secs] Then, when you're ready, imagine that you're sitting in front of a window, trying to look outside to your life. But you notice that the window is fogged up, and your view is fuzzy. [5 secs] You know there is something precious out there beyond you, but you can't quite see it yet. [10 secs]

In your mind's eye, imagine that with each breath the window on your life is becoming clearer and clearer. [5 secs] Do it slowly and notice that with each breath, the fog is lifting as your valued intentions come into view. [5 secs] Sink into the sweetness and goodness of this moment as you look out the window on the life you wish to lead. [10 secs] If that's hard to do, come back again to your breath, noticing the fog lifting as you simply gaze out the window on the person you wish to be about and the life you so desperately want to have. [10 secs]

As you continue to gaze out, imagine that you're watching yourself living out your intentions. Focus on the very first step or two just as you decide to act on your intentions. [10 secs] Notice where you are. Notice what you're saying. Notice what you're doing with your hands and feet. [10 secs] And, if other people are involved, watch how they might be responding to you. [10 secs] And now, take an inventory of what's showing up inside of you. If the window on your life starts to get foggy again, just breathe the fog away. [10 secs]

Observe what your mind is telling you. Is there judgment of you, or the situation, or other people? [5 secs] Do you notice blocking thoughts, like *I can't do this ... it's too much?* [5 secs] Or, discouraging thoughts, like *nothing matters ... so don't bother.* [5 secs] Or, maybe your mind is conjuring up images of catastrophe, old wounds, doom and gloom, or maybe it's telling you something else like *I don't have enough time.* Just notice what's there and take stock. [15 secs]

Now move on to what's going on in your body. What are you feeling? [10 secs] And, if that's still difficult for you, see if you can notice any sense of hardening, closing down, or pulling back. [10 secs] As you observe, notice what's showing up just as it is, like *I'm noticing hardening* (or *tensing, fear, or shutting down*). [15 secs]

And, as best you can, see if you can detect any physical sensations in your body like tension, heat, energy, your heart pounding, or maybe holding your breath or breathing really fast. [10 secs] Just take stock of that too and observe it as the chessboard would. [15 secs]

Now look and see if your mind is commanding you to do something. Is it telling you to cut and run, turn away, lash out, or give up? [10 secs] Just notice these urges and impulses and ride the wave. [15 secs]

And, if we've left anything out, just notice what that may be in your experience—it could be thoughts, emotions, sensations, or urges to act or react. [10 secs] Look to the barriers you've been working on to guide you here. [10 secs]

And now, let's come back to where you are right now, sitting at the window looking out on your life. [5 secs] Bring your awareness back to where you are sitting and allow yourself one or two rich breaths in and out. [10 secs] And then, slowly open your eyes with a clearer sense of what matters to you and the barriers that get in your way.

EXERCISE: WAF Surfing

Right now you have a chance to learn to ride the wave of your WAFs. [5 secs] If you're willing, then think of a recent situation where you felt afraid, panicky, nervous, worried, or upset. [10 secs] Visualize the scene and remember how you felt. Pause for a while before going on. [10 secs]

Notice the worrying and disconcerting thoughts. [5 secs] Perhaps you'll notice images of disaster too. [5 secs] Keep focusing on the upsetting scene as well as on the judgments you made about it and what was happening inside you. Let your anxiety rise till it's at least a 4 or 5 on a scale of 10. [15 secs]

Good—now go back to the white room like you did in chapter 5. [5 secs] Observe what your body might be doing. [10 secs] Notice the sensations and how your mind evaluates them. Simply label them all—*I am noticing*. [10 secs] Notice the sensations of warmth and of tightness. [5 secs] There's the thought that it's dangerous, that you're losing control. [5 secs] Just let your body and mind do its thing. [10 secs]

Do the same with worries, other thoughts, and images that show up—the old story line. None of them are right or wrong, true or false. [5 secs] Acknowledge their presence without trying to control or change them. Don't try to push them away. Simply label them and keep watching your mind and body. [15 secs]

As you do that, notice the emotional wave in the room with you. [10 secs] Be aware of the point where your WAF stops climbing. [10 secs] After a while you can feel it leveling off and starting to diminish. [10 secs] Experience the slow ride down the back of the wave. [10 secs] Accept wherever you are on the wave. Don't hasten to get past it. [5 secs] It moves at its own speed—all you can and need to do is let go and let it carry you. [15 secs]

You can watch your thoughts and bodily sensations entering and leaving the white room. [10 secs] And you can notice the progress of the wave. [10 secs] There's nothing more to do. Keep watching until the WAF has completely passed.

EXERCISE: Acceptance of Anxiety

Go ahead and get in a comfortable position in your chair. Sit upright with your feet flat on the floor, your arms and legs uncrossed, and your hands resting in your lap (palms up or down). [15 secs] Allow your eyes to close gently. [10 secs]

Take a few moments to get in touch with your breath and the gentle rising and falling of your breath in your chest and belly. [10 secs] There's no need to control your breathing in any way—simply let the breath breathe itself. [10 secs] As best you can, also bring an attitude of kind allowing and gentleness to the rest of your experience. There's nothing to be fixed. There's nothing else to do. Simply allow your experience to be your experience just as it is. [15 secs]

As you sink more deeply into this moment of just being where you are, see if you can be present with your values and commitments. [5 secs] Ask yourself, *Why am I here? Where do I want to go? What do I want to be about in my life?* [10 secs] Connect with the truth of it in your heart, and bring your awareness more fully to something you care about. Look to one of your values that has been difficult for you to act on because of the barriers. [10 secs] Rest in the truth of your experience with each natural breath, and become aware of what shows up that has been hard for you. [10 secs]

It could be a troubling thought, worry, image, or intense bodily sensation. [5 secs] Gently, directly, and firmly shift your attention on and into the discomfort, no matter how bad it seems. [10 secs] Notice any strong feelings that may arise in your body. [5 secs] Allow those feelings to be as they are and observe what your mind tells you about them. Simply hold your thoughts and feelings in awareness with a sense of curiosity and kindness. [10 secs] Stay with your discomfort, breathe with it, and see if you can gently open up to it and make space for it. [10 secs] With each new breath, imagine that you are creating more and more space for this barrier to simply be there. Simply allowing it to be as it is. [10 secs] Notice also who it is that is noticing all these thoughts and feelings ... can you sense your silent observer? [10 secs]

If you ever notice yourself tensing up and resisting, pushing away from the experience, just acknowledge that and see if you can make some space for whatever you're experiencing with each new breath. [10 secs] Is this feeling or thought really your enemy? Or can you have it, notice it, own it, and let it be? [10 secs] Can you make room for the discomfort, for the tension, for the anxiety? [10 secs] What does it really feel like to allow it to be there, moment-to-moment? [5 secs] Is this something you *must* struggle with, or can you invite the discomfort in, saying to yourself, *I welcome you in because you are just a part of my experience right now?* [15 secs]

If the sensations or discomfort grow stronger, acknowledge that, stay with them, breathe with them, and allow them to just be. [10 secs] Is this discomfort something you *must not* have, you *cannot* have? Can you open up a space for the discomfort in your heart? [10 secs] Is there room

inside you to feel that, with compassion and kindness toward yourself and your experience? [10 secs] Breathe and create more space in your heart center for you to hold all of you. [10 secs]

As you open up and embrace your experience, you may notice thoughts coming along with the physical sensations, and you may see thoughts about your thoughts. [10 secs] You may also notice your mind coming up with judgmental labels such as “dangerous” or “getting worse.” [10 secs] When that happens, the practice is the same. Stay with them, breathe into them, creating more and more space within you to have what you are experiencing just as it is. [10 secs] Simply notice thoughts as thoughts, physical sensations as physical sensations, feelings as feelings—nothing more, nothing less. [15 secs]

Stay with your discomfort for as long as it pulls on your attention. [10 secs] If and when you sense that the anxiety and other discomfort are no longer pulling for your attention, let them go. [10 secs]

As this time for practice comes to a close, take a few rich inhales and slow cleansing exhales. [15 secs] Then, gradually widen your attention to take in the sounds around you. [5 secs] Take a moment to make the intention to bring this sense of gentle allowing and self-acceptance into the present moment and the rest of your day. Then, slowly open your eyes.

EXERCISE: Loving-Kindness Meditation

Loving-kindness is soft and gentle. It is how you might handle a newborn child or the way you might touch and hold something fragile. [5 secs] In those moments, you open up and handle what you're given with the greatest care. You can do the same with anxious thoughts, worry, fears, and painful memories too. There is great strength and power in kindness. [10 secs]

Start by getting comfortable in your kind space. Sit upright, feet flat on the floor, arms and legs uncrossed, and palms, facing up or down, resting gently on your legs. [5 secs] Close your eyes and bring your attention to your breath as you've done with other exercises. [10 secs]

Continue to focus on each gentle inhale and exhale, simply noticing the rhythm of the rising and falling of your chest and belly. [10 secs] As you follow the soft flow of your breath, imagine a halo of kindness sweeping over you. It starts at your head and slowly moves, ebbing and flowing, past your face and then on to your chest and belly. [15 secs]

As it passes, feel the energy from the halo connecting with your heart. [10 secs] And, as it slowly passes down your head and trunk silently say to yourself on each inhale, *softening, opening, allowing, welcoming, kind, peaceful, and strong*. [10 secs] Continue as the halo gradually sweeps down past your hips, and with each rich inhale, silently say to yourself, *I am here now—awake, alert, spacious, and alive*. [10 secs] As the halo sweeps over your knees, repeat with each inhale: *softening, opening, allowing, welcoming, kind, peaceful, and strong*. [10 secs] When the halo reaches your toes, continue as you've done before but this time connect with the words *I am complete, I am whole, I am*. [10 secs] See if you can bring the intention of kind allowing to your experience as you imagine breathing in compassionate kindness. [10 secs]

As you do, bring to mind someone you know who is struggling and suffering. Perhaps it's a parent, a brother or sister, a friend, spouse, or coworker. It could be a child, an older person, or someone you've heard about in the news or on TV. See if you can imagine this person, present in the room with you now, suffering. [15 secs]

Now look into your heart and into your capacity for healing and kindness. Imagine that you could extend healing to the person you're thinking about; restore this person's mind, broken body, failings, hurts, struggles, and pain; and bring about wholeness. [10 secs] In your mind's eye and heart, see yourself reaching out to this person and offering kindness and healing. [10 secs] And then, extend your arms and offer that kindness and healing as you might a gift hidden in the cup of your hands. [10 secs]

In your mind's eye, see yourself wiping away this person's tears and extending love. [10 secs] Open your arms and wrap that person in your kind embrace—extend your heart. [10 secs] Allow yourself to connect your kindness with that person, who is no longer alone. You are not alone. You are united in your healing. [10 secs] By your generous act, you are sharing your capacity for kindness and healing. Stay with this person as long as you wish. [15 secs]

Continue to sit quietly with this moment in time. [15 secs] And when you are ready, gradually widen your attention to the sounds around you. Open your eyes with the intention to extend loving-kindness to yourself and others each moment of this day.

EXERCISE: Embracing the “Bad,” Giving Away the “Good”

Start by getting yourself comfortable in a place where you’ll be undisturbed for five to ten minutes. You may sit on the floor or in a chair. Sit upright with your palms up or down on your lap. [10 secs]

Now, close your eyes and gently guide your attention to the natural rhythm of your breath in your chest and belly. [10 secs] After a few moments, bring to mind something painful or hurtful, perhaps a recent event or a time in which you felt very anxious. [10 secs] Then, with your next inhale, visualize taking in that negativity and painful upset. Breathe in the discomfort with the thought in your mind that what you’re feeling in this very moment is being felt by millions of people all over this world. [10 secs] You’re not alone with this. [5 secs] This anxiety has been felt by countless numbers of people from the beginning of time. [10 secs]

Your intention here, for yourself and others, is for you and them to be free of the suffering, the struggle, blame, and shame that can happen with the pain that you and they experience. [5 secs] With that intention in mind, on each exhale, breathe out relief, joyfulness, and goodwill. Do it slowly with the natural rhythm of your breathing. [10 secs] Continue to connect with your pain as you breathe in, and with each out-breath, expend goodwill and a wish that others may find relief from the suffering they get caught in when they experience hurt and discomfort. [15 secs]

If you find breathing in anxiety gets too heavy or tight, you can imagine breathing into a vast space, or that your heart is an infinite space. Imagine breathing into your heart, making it bigger and bigger with every out-breath until there’s enough space for all the worries, anxieties, and concerns. [15 secs] With each out-breath, you’re opening up your whole being so you no longer have to push the WAFs away—you’re opening your heart to whatever arises. [15 secs]

If you find your mind wandering or you feel distracted, just kindly notice that and return your attention to the intention of welcoming in your pain and hurts, and releasing goodwill and kindness. [15 secs] Continue this practice of giving and receiving for as long as you wish. [15 secs]

Then, when you’re ready, gradually widen your attention and gently open your eyes with the intention of bringing this skill of kind observing to your experiences throughout the day.

EXERCISE: Bubble Wand

Go ahead and get in a comfortable position in your chair. Sit upright with your feet flat on the floor, your arms and legs uncrossed, and your hands resting in your lap (palms up or down, whichever is more comfortable). [10 secs] Close your eyes and take a few deep breaths. [10 secs] Allow your body to rest without drifting off to sleep. Bring an intention of kindness to this practice. [10 secs]

Now bring into your awareness a recent situation where you found yourself in a bout of endless worry. [10 secs] Perhaps it's a situation you know all too well or one you wrote down on your LIFE worksheets over the past weeks. [15 secs]

Really work to bring this experience into your full awareness and right into the room with you. Make it as real as possible. [15 secs] Continue to visualize the situation until you can notice a wave of unpleasant changes sweeping over your body and mind. Allow yourself to connect with the experience. [10 secs] Relive every bit of it as best as you can. [10 secs] Keep doing so until you're at a point where you feel taken over by anxiety and tension and a strong desire to do something about it. [10 secs]

Now, we want you to go more deeply into this experience. Imagine that you have a large bubble wand like the kind that kids sometimes play with at the beach or in the park. Go ahead and fill the wand with bubble soap. [15 secs] Then look within you and notice all the elements of the unsettling experience. [5 secs] Start by locating one of the most obvious judgments or worrisome thoughts. [10 secs]

For each one, take your bubble wand and sweep it through each worry thought. Trap each thought in a giant bubble. [15 secs] Then, one by one, notice each thought in its bubble and label it as you watch each drift upward in the gentle breeze—*There goes worrying ... what if-ing ... second guessing ... judging ... blaming ... shaming ... criticizing.* [15 secs] Keep watching the bubbles go higher and higher until they're out of sight. [15 secs] Then take a few slow, deep breaths. [15 secs]

Allow yourself to go more deeply into this experience. See if you can find the next thought underneath the first worry. [5 secs] For example, if you worry about not having enough money to make ends meet, then you might gently ask, *And if that were true, then what?* Watch what your mind comes up with. [10 secs] Perhaps it's the thought *I won't be able to pay my bills.* Notice that thought and place it in a giant bubble and watch it float upward. [10 secs] Follow this with *And then what?* Keep going with an attitude of gentle curiosity and kind allowing. [10 secs]

As you go more deeply into your worry, you'll likely notice more physical sensations in your body: heart pounding in the chest, feeling shaky, trembling hands, shortness of breath, feeling hot, or the sensation of an upset stomach. There's tension everywhere. You may feel like you're about to pop. [10 secs] As that unfolds, notice your impulses to respond and label these

sensations one at a time: *There is my impulse to shout ... run away ... shut down ... struggle ... make a fist ... lash out ... point my finger ... or stop this exercise.* [15 secs]

Your task now is both simple and difficult: Do nothing! [5 secs] Sit with these thoughts, sensations, and impulses. [5 secs] Feel the restless energy in this situation. [10 secs] Sitting still and doing nothing is the last thing you want to do, and it's the wisest thing you can do: Say nothing. Do nothing. [10 secs] You want resolution now, and there isn't any. [10 secs]

The energy of anxiety and worry works like a big ocean wave—just allow yourself to ride with it as each wave comes and goes into and out from your awareness. Watch as the wave rises until it reaches its peak, staying strong and powerful for a while, and then eventually settling back down and drifting away. [10 secs] Continue to sit still with the energy in this situation and let the worry wave run its course. [10 secs]

Then gently return to the worry situation and take a final inventory. What are you left with here? What do you see? [10 secs] If you look closely, you'll see two things: the pain and hurt that fueled your worry to begin with and your values. [10 secs]

See if you can turn your attention to the pain and hurt underneath the worry. [5 secs] Give that pain and hurt a label. [10 secs] If you have a hard time identifying the hurt, ask yourself, *What would I have left to feel if I didn't get caught up in worry in this situation?* Take a moment to really take stock. [15 secs]

Perhaps you see hurt, fear, abandonment, loneliness, inadequacy, loss, guilt, vulnerability, or shame. [5 secs] There is no need to trap these feelings or cover them. They're part of you and belong to you without being you or defining who you are. [5 secs] Just allow them to be. Make space for them. [15 secs]

As if they were open wounds, take care of them by bringing kindness, care, and compassion to your experience and to this moment. [10 secs] Forgive yourself for burying and rejecting your pain for so long, for acting in ways to push it from view. [10 secs]

If at any time you feel like stopping and stepping back inside your worry armor, thank your mind for that option and simply return to your experience. [10 secs] If you notice judgment or resentment popping up again, place these thoughts into their own bubbles and let them go, floating upward. [10 secs]

Next, gently turn your attention to your values lying close by. Which ones do you see? [5 secs] Pick one or two that are important to you. [10 secs] Now ask yourself this question: *If worry and doubt are between me and moving in the direction of those values, am I willing to have them and still do what matters to me?* [10 secs] If you're willing, worry is no longer a barrier. It's just a thought. [10 secs]

Now think of a situation where worry had gotten in the way of you acting in accord with your values. [10 secs] Then go ahead and imagine yourself doing what you value and bringing your hurt and pain with you. [15 secs]

That probably feels strange and it also feels vital because you're moving toward what you care about in life. Here, you're exerting control where you truly have it. [5 secs] Take time to really connect with this. This is what it's all about! [15 secs]

Then, when you're ready, gradually widen your attention to take in the sounds around you in the room you're in. [5 secs] Take a moment to make the intention to bring this sense of compassion and forgiveness into the present moment and to the rest of your experience on this day.

EXERCISE: Leaves on a Stream

Start by getting centered and focus on the breath as you've done before. Just notice the gentle rising and falling of your breath in your chest and belly. There's no need to control your breathing in any way—simply let the breath breathe itself. [15 secs] Allow your eyes to close gently. [10 secs]

Then, after a few moments, imagine that you're sitting next to a small stream on a warm autumn day. [10 secs] As you gaze at the stream, you notice a number of large leaves of all colors, shapes, and sizes drifting along, each at its own pace, one by one, in the slowly moving current. [10 secs] Allow yourself to simply be there for a moment, watching. [10 secs]

When you're ready, gradually bring your awareness to what's going on inside you. [10 secs] As you do, gently notice and label each experience that shows up—thoughts, feelings, sensations, desires, and impulses. [10 secs] Pay attention to what's happening in your mind and body and then label what's going on. [10 secs] Perhaps one of those thoughts is "I don't have time for this." [10 secs]

As the thoughts, feelings, sensations, desires, or impulses come along into your mind, notice them and gently place them one by one on each large leaf passing by. [10 secs] Observe as each leaf comes closer to you. Then watch as it slowly moves away, drifting along as it carries the contents of your mind and body out of sight downstream. [15 secs] Return to gazing at the stream, waiting for the next leaf to float by. [10 secs] Continue placing each thought, feeling, memory, or impulse on its own large leaf. [10 secs] Watch each one as you let them just float away downstream. [15 secs]

When you're ready, widen your attention to take in the sounds around you. [10 secs] Open your eyes and make the intention to bring gentle allowing and self-acceptance into the rest of your day.

EXERCISE: Grounding in the NOW

Start by removing your shoes if you can, and get in a comfortable position, sitting upright and breathing naturally. [10 secs] Or, if you prefer, you can do this exercise standing, with knees slightly bent. [10 secs]

Once you're ready, close your eyes and bring your attention to your breath. [10 secs] Notice where you feel your breath most strongly. [5 secs] Perhaps it's in your chest, abdomen, or nostrils. [10 secs]

Now bring your attention to your feet. Feel them contacting the floor and ground beneath you. [5 secs] Notice the sense of pressure of your body against the earth below. [10 secs]

Go ahead and wiggle your toes for a moment, and then scrunch your feet into balls by curling your toes downward toward the ground. [5 secs] Notice the movement of the small bones of your feet, and the soft tissue between the bones. [5 secs] Allow yourself to bring all of your attention to these movements. [5 secs] And notice that you can notice them. [10 secs]

Next, bring your awareness to how your feet feel, and notice any sensations there, like tension, relaxation, pain, pressure, warmth or coolness, or even no sensation. [10 secs] Again, noticing that you can notice them. [10 secs]

Go ahead and gently press your feet into the ground beneath you. [5 secs] Become aware of feeling a strong contact with the ground. Then ease up, allowing your feet to contact the floor naturally. [10 secs]

Now, imagine that your breath is passing in and out through your feet as you take a deep, rich inhale ... and then a slow exhale. [10 secs] On the next in-breath visualize the pores of the soles of your feet breathing in and filling your body with the solid foundational energy of the earth beneath you. [5 secs] On your out-breath, feel your feet discharging this energy back into the earth, creating strong roots. [15 secs]

Continue on like this—grounding to the earth and where you are now. Notice the dynamic connection between you and the earth and your surroundings. [10 secs] And, if you find your attention wandering, bring it back to your feet, deeply breathing in and out through them and feeling the grounding earth connection. [15 secs]

As this time for practice comes to a close, direct your attention back to the room. [5 secs] Notice the sounds in the room, the feeling of your body as you sit or stand, the temperature of the air, the position of your body, the smells in the room, the feeling of the air on your skin. [5 secs]

And notice that you're here in the now—present, alert, and alive. [5 secs] When you're ready, gently open your eyes and carry this grounding presence with you into the present moment and the rest of your day.

EXERCISE: Being Kind with Your Old Wounds

Begin by getting yourself in a comfortable position. Sit upright and allow yourself to get grounded with a few slow breaths in ... and out, from the earth below you, up your torso, and then back out through the soles of your feet, rooting strongly in the earth below. [15 secs]

Now bring to mind a memory that you've been struggling with for a very long time. See if you can put yourself in that situation. [10 secs] Where were you? What happened? What were you doing? [10 secs] What were others saying or doing? [5 secs] Watch it as if it was unfolding on a giant movie screen. [10 secs] See if you can give yourself permission to be present with this experience as fully as you can. [10 secs] Notice how you reacted then. [5 secs] And, notice how you may be reacting to the memory now. [10 secs]

Slow things down as best you can ... and notice the thoughts as thoughts, images as images, physical sensations as sensations, emotions as emotions ... just as they are. [10 secs] Watch and gently observe parts of your experience as they come and go, as you take the perspective of the chessboard. [10 secs] There's nothing to do but notice. You don't have to take sides ... just stay with this experience as best you can and breathe. [10 secs]

When you're ready, release that difficult image with a large grounding breath in and out through your feet, and then imagine an earlier time in your life—one long before the difficult memory. [10 secs] Go back as far as you can remember ... to a time in your childhood when you remember feeling good. [5 secs] See if you can visualize that younger you—notice your face and eyes as a child, your hair, what you were wearing, and how small you were. [10 secs] And, notice where you were, what you were doing, what you were experiencing that left you feeling whole and complete, even if that sense of feeling good was short-lived. [10 secs]

Now, imagine that younger you is standing in front of you now, and comes over to sit on your lap. [5 secs] That younger you has no idea what the future holds. Only you know. And, you know what that child will eventually experience in life because you've lived through it. [10 secs]

As you hold that younger you on your lap, you pause and notice each of you looking into the other's eyes and heart. [10 secs] As you look, what advice would you share with him or her, knowing all that you know about what this younger you will face in the future? [10 secs] How would you respond to that younger you? What does that little child need from you? What does he or she need to hear from you? [15 secs] Take a moment to hear your words as you look into the eyes of the younger you from very long ago. [10 secs] And notice that you were there then, and that you are here now too. [10 secs]

Linger with this experience for a few moments. [10 secs] When you're ready, allow yourself to slowly come back to an awareness of sitting where you are right now ... see if you can bring a sense of kindness to your experience now and to any old wounds that you remember. [10 secs] As you do, hear the words that you shared with the smaller you and extend them to your

experience now. [10 secs] Sense any gentleness and compassion you may have felt with the younger you and bring that to yourself and your experience now. What do you need to give yourself right now? [15 secs]

As this exercise comes to a close, make one last gesture of kindness with both hands. Place one hand on your chest and the other on your belly. [10 secs] Let them gently rest there as you hold yourself kindly. [15 secs] Sit this way as long as you wish—just caring for yourself, being with yourself, giving yourself comfort, rest, and support. [15 secs] Gently remind yourself that you're more than what you lived through, however difficult or painful it may be to remember. [15 secs] Stay in this moment as long as you wish. [15 secs]

Then, when you're ready, take a final grounding breath or two and gently open your eyes, with or without tears, it does not matter. [5 secs] Simply allow yourself to come back to the present, with the intention to bring kindness to yourself, your history and old wounds, and your life.

EXERCISE: The Candle of Forgiveness

Go ahead and light the candle and then get in a comfortable position in your chair. Sit upright with your hands resting in your lap. [5 secs] Your legs can either be uncrossed or crossed, whatever is more comfortable. [5 secs] Allow your eyes to focus on the candle flame and simply watch it. [10 secs]

As you watch the flicker of the candle flame, bring your attention to the gentle rising and falling of your breath in your chest and belly. Like ocean waves coming in and going out, your breath is always there. [5 secs] Notice the rhythm of the breath in your body with each passing inhale ... and exhale. [10 secs] Notice the changing patterns of sensations in your belly as you breathe in and as you breathe out. [5 secs] Take a little time to center yourself as you breathe in and out. [30 secs]

Step 1: Become Aware of the Wrong and Hurt Beneath the Painful Memory

Now allow your awareness to shift to a painful memory or traumatic event. [10 secs] See if you can allow yourself to visualize the scene fully as if you were watching a movie in slow motion. What happened? [10 secs] Who else was there? [5 secs] Watch the flame as you acknowledge the painful situation unfolding in your mind's eye. [5 secs] Focus on your breathing as you watch the situation unfold. [5 secs] See if you can slow the painful situation down, slower and slower with each passing breath. [15 secs]

As you do, bring your attention to any sensations of discomfort that show up. [10 secs] As best you can, bring an attitude of generous allowing and gentle acceptance to your experience right now. [5 secs] See if you can make room for the pain and hurt you had then and that you may be reliving now. [10 secs] Soften to it ... as you breathe in ... and out ... in ... and out. [10 secs]

As best as you can, open up to all of it: the hurt, pain, sadness, regret, loss, and resentment. [10 secs] Allow yourself to become aware of your hurt and painful emotions, and simply acknowledge the hurt you experienced and the hurt you may have caused. [10 secs] There's no need to resist or fight or blame. Simply acknowledge and become aware of your experience. [15 secs]

Step 2: Separate Hurtful Actions from Your Hurt and Its Source

Visualize the person or event that inflicted the hurt. [10 secs] As you begin to do so, allow the person or event to drift over and become the candle. [5 secs] If it was you, then see yourself as the candle. Focus on the candle and continue to visualize the person or situation that hurt you or caused the hurt. [15 secs] Now remember and visualize what happened. [15 secs] As you focus on the candle, notice what your mind machine is doing with the images and sensations that show up. [10 secs]

You might see your mind making a judgment ... blaming ... having feelings of sadness ... bitterness ... resentment. [15 secs] As these and other thoughts and sensations come into your awareness, simply label them as you did in previous exercises—*There is judgment ... blame ... tension ... resentment*—and allow them to be. [10 secs] Bring a gentle and kind awareness to your pain and hurt as you breathe in ... and out ... in ... and out ... slowly and deeply. [15 secs]

Next, create some space between the actions that made you feel hurt and angry and the person or situation that created them. [10 secs] If it helps, you can visualize the action that hurt you as the flame, and the person or situation who committed the hurt as the candle. [10 secs] If you were the source of hurt, then let your actions become the flame and you the candle. [10 secs]

Notice that the flame is not the candle. [10 secs] The actions of the person who hurt you are not the same as the person who committed them. [10 secs] As you breathe in and out, give yourself time to connect with this difference. [15 secs] Then, bring each hurtful action into the flame one by one and notice it, label it, and then see the difference between the hurtful action and the person. Visualize what was done, not who did it. [15 secs]

After you spend some time noticing each action, allow it to disappear up into the smoke, leaving the candle flame. [10 secs] Keep watching any tension, discomfort, anger, hurt, or whatever else your body may be doing. Make room for what you experience as you return your attention to your body and your breathing. Don't change or "fix" anything. [15 secs]

Step 3: Bring Compassionate Witness to Your Hurt

Next, bring your attention back to the human being in the candle—the perpetrator of wrongs against you, or those you may have committed yourself. [10 secs] Notice how he or she is also a human being and vulnerable to harm just like you are. At a basic human level, the two of you are not that different. [10 secs]

See if you can allow yourself to take that person's perspective as a compassionate witness and see what life might be like through his or her eyes. [10 secs] Connect with that person's hardships, losses, missed opportunities, poor choices, faults and failings, hurts and sadness, and hopes and dreams. [10 secs]

Without condoning his or her actions, see if you can connect with that person's humanity and imperfections as you connect with your own humanity and imperfections, hardships, loss, pain, and suffering. [15 secs]

As a compassionate witness to this other human being, see if you can connect more deeply with that person, even if that person is you, as another human being. [10 secs] Notice the offender's thoughts and feelings, knowing that you've also experienced similar types of thoughts and feelings. What might it be like to have lived the life of the person who offended you? [10 secs]

As best you can, bring an attitude of generous allowing and gentle acceptance to what you experience now. [10 secs]

Step 4: Extend Forgiveness, Let Go, and Move On

Now see if you can bring into awareness what your life would be like if you let go of all the negative energy you are holding on to—your grievances, grudges, bitterness, and anger. [10 secs] What would it be like to let go of the effort needed to shut out this painful experience from your past? [10 secs] Connect with the reasons behind why you want to be free from the painful memory, the anger, or the desire for revenge. [10 secs]

Allow yourself to visualize a new future, full of the things you've missed out or given up on by resisting the memory or holding on to your unwillingness to forgive. [10 secs] See if you can connect with your future without forgetting what happened in the past, and without carrying the weight of bitterness, anger, and resentment toward the person or event that hurt you. [15 secs]

Allow yourself to take the courageous step forward in your life by letting go of the memory, your pain, your anger, and your resentment. [10 secs] Take time to really connect with this relief as you imagine separating from the resentment and bitterness you have carried for so long. [15 secs] Allow all of it to drift away with each out-breath, and with each in-breath, welcome in peace and forgiveness as you continue to breathe in ... and out, slowly and deeply. [15 secs]

When you're ready, bring into your awareness how you have needed other people's forgiveness in the past. [10 secs] Imagine extending that forgiveness to the person who hurt or offended you. [10 secs] What could you say to that person? As you think about this, notice any discomfort showing up and what your mind is doing here. [15 secs]

If the thought *The person doesn't deserve that* or *I don't deserve that* shows up, just notice that thought and gently let it go. [15 secs] Return your focus to your breathing as you remind yourself that kind and gentle acts of forgiveness are for you, not for others. [15 secs]

Imagine the burden being lifted from you as you choose to extend forgiveness. [10 secs] Allow yourself to connect with the sense of healing and control that comes along with this. [10 secs] As you give the powerful gift of forgiveness, notice some budding feelings of softness where before there was only hardness, hurt, and pain. [15 secs]

Embrace this moment of peace as you return to the image of the person who offended you, even if that person is you. [10 secs] Gently extend your hands as you say, "In forgiving you, I forgive myself. In letting go of my pain and anger toward you, I bring peace and freedom to myself. [10 secs] I invite peace and compassion into my life and into my hurt and pain. I choose to let go of this burden that I have been carrying for so long." [10 secs] Repeat these phrases slowly as you extend forgiveness. [20 secs]

Stay with and simply observe and label whatever thoughts and feelings come up as you offer this act of forgiveness. [10 secs] Sense the emotional relief that comes when the burden of a grudge is melting away. [10 secs] See if you can notice the peace and feeling of inner strength that comes about as you extend compassion and forgiveness in this moment. [15 secs]

Then, when you're ready, bring your awareness back into the room, to your body, and to the flicker of the candle flame. [10 secs] Finish this exercise by blowing out the candle as a symbolic gesture of your commitment to forgive and let go and of your readiness to move on with your life.

EXERCISE: Anticipating Barriers

Just take a moment to close your eyes and bring to mind one of your valued intentions—the things you care about in your heart and want to be about. [10 secs] Sink into the sweetness of that—the sense of lining up with your core. [10 secs] If that’s hard to do, imagine for a moment that nothing gets in your way and that you’re free to do what you really, truly, care about. See yourself being about something that matters in your heart. [10 secs]

Now, see yourself living out those intentions as if watching yourself on a giant movie screen. [10 secs] Focus on the very first step or two just as you decide to act. [10 secs] Notice where you are. [5 secs] Notice what you’re saying. [5 secs] Notice what you’re doing with your hands and feet. [5 secs] And, if other people are involved, watch how they might be responding to you. [5 secs] And now, take an inventory of what’s showing up inside of you. [5 secs]

Observe what your mind is telling you. Is there judgment of you, or the situation, or other people? [5 secs] Do you notice blocking thoughts, like *I can’t do this ... it’s too much?* [5 secs] Or, discouraging thoughts, like *nothing matters ... so don’t bother.* [5 secs] Or, maybe your mind is conjuring up images of catastrophe, old wounds, doom and gloom, or maybe it’s telling you something else like *I don’t have enough time.* [5 secs] Just notice what’s there and take stock. [15 secs]

Now move on to what’s going on in your body. [5 secs] What are you feeling? [5 secs] And, if that’s still difficult for you, see if you can notice any sense of hardening, closing down, or pulling back. [10 secs] As you observe, notice what’s showing up just as it is, like *I’m noticing hardening, tensing, or shutting down.* [15 secs]

And, see if you can detect any physical sensations in your body such as tension, energy, your heart pounding, or maybe holding your breath or breathing really fast. [10 secs] Just take stock of that too and observe it as the chessboard would. [5 secs]

Now look and see if your mind is commanding you to do something. [5 secs] Is it telling you to cut and run, turn away, lash out, or give up? [5 secs] Just notice these urges and impulses and ride the wave. [15 secs]

And, if we’ve left anything out, just notice what that may be in your experience. [5 secs] It could be thoughts, emotions, sensations, or urges to act or react. [5 secs] Look to the barriers you’ve been working on to guide you here. [5 secs] Some may arise within you, others may be external to you. [5 secs]

And now, let’s come back to where you are right now, and allow yourself one or two deep breaths in and out. [5 secs] And then, slowly open your eyes.

EXERCISE: Getting in Touch with the Rewards of Living My Values

Go ahead and close your eyes and take a few slow breaths as you center yourself. [5 secs] Now bring to mind the valued intention you've been working with in the previous exercise. [5 secs] Once you have that value in mind, see yourself acting on that value just as you wish *and* with nothing standing in your way. [5 secs] You're free of barriers and successful in doing what you set out to do. [10 secs]

Notice what you're doing and sink into the sweetness of this moment, this experience, just as you might linger with a beautiful sunset. [10 secs] What does success feel like on the inside? [5 secs] Notice any thoughts, emotions, and physical sensations. [10 secs] See if you can touch a sense of satisfaction, a sense that you're doing something good for yourself and your life too. [10 secs]

Stay with this image, and when you're ready, shift your attention to the world around you—the people, the events, and the environment that surround you in this scenario. [10 secs] What's different? [5 secs] Become aware of how people in the situation are reacting to you and to what you've accomplished. [5 secs] How does it feel to be freed up from an old barrier? [10 secs] How does it feel to freely do something you've been afraid to do? [10 secs] Notice how the situation changes for the better because of what you did in the service of your values. [10 secs]

Stay with this exercise, this experience, for as long as you wish. [15 secs] And, when you're ready to wrap up, open your eyes, and then grab a piece of paper and jot down all of the positive outcomes you discovered during this exercise. [5 secs] Let them serve as a reminder to you of what is possible as you embark on your journey with the Value and Goals Worksheet.

EXERCISE: Creating a Success Story

Get comfortable and take a few slow, deep breaths. [10 secs] Allow your eyes to close gently. [10 secs] And, when you're ready, bring to mind one of your values that's been difficult for you to act on because of your anxiety barriers—you can use the same as before or a different one. [10 secs] When you have it in mind, imagine that you're taking just one step to act on that value. [5 secs] See the very first thing you'd say or do as if you're watching yourself on a movie screen. [10 secs] See your actions and hear your words. [10 secs]

As you do, see and hear how others respond to you as you watch the scene unfold. What are they saying? [5 secs] What are they doing? [10 secs]

And then kindly observe any barriers that show up inside you. [5 secs] See if you can notice emotions that seem to block you from taking another step to support your values. [10 secs] Notice any thoughts that are trying to thwart your path. [10 secs] Do the same with any physical sensations in your body. [10 secs] Continue to watch and observe your thoughts, feelings, and physical sensations without resistance. [10 secs] Open up to them, allow them to be, however scary or unpleasant they might seem. [10 secs] Notice the wave of emotion and remind yourself that sooner or later it'll crest and then recede. So stay and ride it out. [10 secs] As you do, be kind with your mind and body and experience. [10 secs] Soften to the barriers with each breath, creating more space for you to be right where you are. [15 secs]

Now, come back to the scene and see yourself completing what you set out to do. [5 secs] Sink into the satisfaction of doing what you care about, and every good thing that happens for you, for others, and for your world. [5 secs] Notice any sense of sweetness in that. [10 secs] Acknowledge that you did something good for yourself and your life by having a clear intention to act and following through, even as you had to face emotional pain and other barriers along the way.





