

# ACT Made Simple: The Extra Bits

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A collection of tips, tools, techniques, scripts, discussions, worksheets, eBooks, audio MP3s and YouTube videos, to support and extend the 2nd Edition of ACT Made Simple

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# ACT Made Simple: The Extra Bits

## How To Use This E-book

In the 2nd edition of ACT Made Simple, you'll find an "extra bits" textbox near the end of most chapters. You can download all the materials mentioned in those boxes – plus quite a few extra ones I've thrown in for good measure – from the links in this document.

**Please feel free to share all these resources with colleagues, students, trainees and clients.**

## #u'U 'o 'Facebook 8

The ACT Made Simple Facebook group includes thousands of practitioners from around the world. It's open to any therapist, coach, counsellor, doctor, nurse, physio, dietitian, OT, youth worker, BCBA or any other type of health professional who wishes to discuss, share resources, ask questions, explore ideas, or help and support others to learn more about the practical application of Acceptance & Commitment Therapy. And more than that, it's a space where we can deepen our passion for ACT, and apply it to ourselves, so we can grow not just as practitioners but as human beings.

You can find us here: <https://www.facebook.com/groups/941642582695315/>

## Online Training In ACT

On the last page of this document you'll find information about online training in ACT.



## Chapter 1: The Human Challenge

Discussion: [The Matrix & The Choice Point - Similarities & Differences](#)

Worksheet/Diagram: [The Choice Point](#)

Diagrams: [The Hexaflex & Triflex](#)

YouTube Animation: [The Choice Point: A Map For Life](#)

YouTube Animation: [How The Mind Evolved](#)

YouTube Animation: [The 3 Happiness Myths](#)

## Chapter 2: Getting Hooked

Worksheet: [Six Core Pathological Processes in ACT \(to “unpack” any issue or diagnosis\)](#)

Worksheet: [ACT Case Formulation](#) (Note: this has been updated and modified from the one in the book)

## Chapter 3: “Mindfulness” and Other Dodgy Words

YouTube Animation: [5 Mindfulness Myths](#)

## Chapter 6: What’s the Problem?

Worksheet: [Dissecting The Problem](#)

Worksheet: [The Bull’s Eye](#)

Worksheet: [ACT Case Formulation](#)

Tips: [Establishing Behavioral Goals In Tricky Cases.](#)

Tips: [When Other People Are The Problem](#)

Tools: [How To Set An Agenda](#)

Tools: [How To Structure A Session](#)

## Chapter 7: Where Do I Start?

Worksheet: [Vitality Vs. Suffering Diary](#)

Worksheet: [Problems & Values](#)

## Chapter 8: Creative What?!

Worksheet: [Vitality Vs. Suffering Diary](#)

Worksheet: [Join the DOTS](#)

## Chapter 9: Drop the Struggle

Worksheet: [The Daily Struggle](#)

Tips: [Normalize Clients’ Struggles With Their Emotions](#)

Tips: [Tricky Reactions To “Pushing Away Paper”](#)

YouTube Animation: [The Struggle Switch Metaphor](#)

YouTube Animation: [The Polygraph Metaphor](#)





## Chapter 10: Dropping Anchor

Audio MP3 – dropping anchor: [40 seconds](#)

Audio MP3 – dropping anchor: [2 minutes](#)

Audio MP3 – dropping anchor: [7 minutes](#)

Audio MP3 – dropping anchor: [11 minutes](#)

Tips: [When to “sit” with feelings](#)

Tips: [How to drop anchor in bed](#)

Tips: [Being flexible with dropping anchor](#)

Tips: [If the client says dropping anchor is “not working” or “I don’t get it”](#)

The resources 'Working With Dissociation' and 'Dropping Anchor With Flashbacks' are no longer available. Please see my textbook 'Trauma-Focused ACT' for an in-depth look at these topics.

Tips: [Distraction versus flexible attention](#)

Resources: [The ACT Companion smartphone app & contacting the present moment](#)

## Chapter 11: Notice That Thought

Tips: [Tricky reactions to the Hands as Thoughts exercise](#)

Tips: [How to “Make the link” when you see fusion in session](#)

Tips: [Shatter the illusion that our thoughts control](#)

## Chapter 12: Deeper into Defusion

Tips: [How to tell when your clients are defusing](#)

Technique: [Titchener’s Repetition](#)

## Chapter 13: The Defusion Smorgasbord

Diagram: [Summary of Common Defusion Techniques](#)

Tips: [Defusion From Images](#)

Tips: [Additional defusion methods](#)

Tips: [Fusion & experiential avoidance in everyday language](#)

Worksheet: [The Getting Hooked Worksheet](#)

Resources: [How to use the ACT Companion app for defusion.](#)

YouTube Video: [Thanking Your Mind](#)

YouTube Animation: [The Sushi Train](#)

## Chapter 15: Leaves, Streams, Clouds, and Sky

Audio MP3: [“Hearing Your Thoughts”](#)

## Chapter 16: “Technique Overload” and Other Perils

Tool: [Create your own ACT tool kit](#)

## Chapter 17: Being Present

Scripts: [Mindful breathing, mindful drinking, mindful eating, mindful body scan](#)

Audio MP3: [Notice Your Hand](#)

Worksheet/Handout: [Engaging, Savoring, and Focusing In Daily Life](#)

Discussion: [The Mindful Therapist](#)

Tips: [Clients with low mood who ruminate and worry](#)

Resources: [The ACT Companion smartphone app & contacting the present moment](#)



## Chapter 18: Hold Yourself Kindly

Scripts: [Additional self-compassion exercises](#)

eBook: [Tricky client reactions and other barriers to self-compassion](#)

Script & Tips: [Inner-child imagery](#)

Discussion: [The ACT take on “forgiveness”](#)

Resources: [Using the ACT Companion app for acceptance and self-compassion](#)

## Chapter 19: Know What Matters

Techniques: [Additional values exercises](#)

Worksheet: [Checklist of 40 Common Values](#)

Worksheet: [Common Values in 4 domains](#)

Worksheet: [The Life Compass](#)

Discussion: [What If The Client Has Destructive values?](#)

Discussion: [Values vs desires, wants, needs, feelings, virtues, morals, and ethics](#)

Discussion: [More examples of goals versus values](#)

Tips: [“Stepping stone” answers to questions about values](#)

Tips: [How to bring in values in later sessions](#)

YouTube animation: [Values versus goals](#)

Resources: [Using the ACT Companion app for values & committed action](#)

## Chapter 20: What If Nothing Matters?

Tips: [A 5-step plan for values conflicts](#)

Tips: [Difficult dilemmas & tough decisions](#)

Discussion: [Desire For Power & More About Destructive values](#)

Clinical example: [Using the choice point with fusion and avoidance during values work](#)

## Chapter 21: Do What It Takes

Tips: [Excessive focus on desired outcomes](#)

Tips: [Fusion that arises while goal setting](#)

Worksheets: [Scheduling & monitoring & pleasant activities](#)

Worksheet: [SMART Goal-Setting](#)

Handout: [The challenge formula with explanatory text](#)

Resources: [Using the ACT Companion app for values & committed action](#)

## Chapter 22: Fifty Shades of Acceptance

Tips: [Enhance the acceptance elements in mindfulness; wade through the swamp](#)

Worksheet: [Struggling vs. Opening Up](#)

Diagram: [Summary of common acceptance techniques](#)

Tools: [Additional metaphors for acceptance](#)

Techniques: [Emotion surfing and urge surfing](#)

Discussion: [How childhood programming set us up to struggle with our feelings](#)

Tips: [How to tackle the belief that our thoughts and emotions control our actions](#)

Tips: [Titrating acceptance so clients aren't overwhelmed.](#)



## Chapter 23: Emotions as Allies

Tips: [How to help clients figure out when it's useful—or not—to focus on their emotions](#)

eBook: [Emotion regulation in ACT](#).

YouTube animation: [The sympathetic and parasympathetic nervous systems](#)

YouTube animation: [Three main parts of the brain](#)

YouTube animation: [The limbic brain and its role in trauma](#)

YouTube animation: [The three meanings of 'freeze'](#)

## Chapter 24: What's Stopping You?

Worksheet: [HARD Barriers](#)

Tips: [Functional Analysis Made Simple](#)

## Chapter 25: The Noticing Self

Script: [Chessboard metaphor](#)

YouTube animation: [Chessboard metaphor \(Internal Struggles\)](#)

Discussion: [Therapy versus mysticism & "Is this the soul?"](#)

Tips: [What to do if clients can't access a noticing self.](#)

YouTube animation: [The Stage Show Metaphor](#)

## Chapter 26: Flexible Exposure

Tool: [Measuring Response Flexibility in Exposure](#)

Tools: [Materials on exposure: motivation tips, exposure hierarchy worksheet, exposure record](#)

Resources: To learn more about how to do formal, explicit exposure in ACT, I recommend my textbook Trauma-Focused ACT, and/or either of my online courses on "ACT for Depression & Anxiety Disorders" or "Trauma-Focused ACT", both available at: [www.ImLearningACT.com](http://www.ImLearningACT.com)

## Chapter 27: Cognitive Flexibility

Discussion: [Defusion Vs Disputation](#)

Discussion: [The Role of Self-talk in ACT](#)

Discussion: [Positive thinking and cognitive restructuring](#)



## Chapter 28: Shame, Anger, and Other “Problem” Emotions

Script: [Urge surfing & Emotion Surfing](#)

eBook: [Working with anger](#)

Script: [Inner-child imagery exercise](#)

eBook: [Working with Body Posture](#)

## Chapter 29: Flexible Relationships

Worksheets: [Worksheets for ACT with common relationship issues](#)

## Chapter 31: A Quick Guide to Getting Unstuck

Tips: [An ACT Practitioner’s Guide To Getting Unstuck From Just About Anything](#)

## Online Training in ACT

Reading a textbook is a good start ... and online training can take you so much further. I offer a range of beginners and advanced level interactive online courses – which include specialized courses in ACT for depression and anxiety disorders, trauma-focused ACT, ACT for adolescents, ACT for Grief and Loss and ACT as a brief intervention. For more details, see: [www.ImLearningACT.com](http://www.ImLearningACT.com)

## How To “Supercharge” Your Sessions

The [Happiness Trap Online Program](#) is a great way to “supercharge” your sessions and help your clients make progress faster. This entertaining yet extremely practical self-development course in ACT can truly boost your therapy, coaching or counselling sessions. Comprised of engaging videos, audio MP3s, written materials, and playful animations, the program is designed to keep people interested, motivated, and actively participating.

To get a quick overview of the program content, take a look at these delightful visual summaries of each week: [Visual Summaries](#)