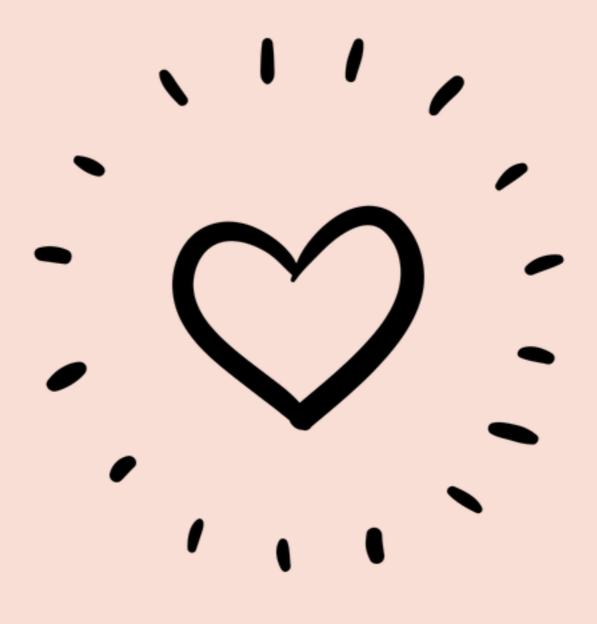
# ACT FOR ANXIETY *Workbook*ACT techniques for self-help

Olga Goralewicz, Loving Healt

### Table of Contents

Is it anxiety?	1
Values	2
Measuring your anxiety	3
Recognizing (negative) feelings and sensations	4
Recongizing (negative) thoughts	5





#### Is it anxiety or just something I don't like?

Anxiety may stop us from living the life we want. But the feeling may also arise when we are forced to *or when we feel like we should* do something. The difference is not always clear.

Think about situations or events that you know trigger your anxiety. Is the emotional reward worth the suffering? Use the log below to figure out which situations you can avoid, and which situations you want to pursue.

Action or event that induces anxiety	Will it help me in living the life I want?

Everyone is different. There is no ready-made conclusion I can give you. But you know yourself best. Try to write down 2-3 sentences summing up any resolutions that may have come to you naturally while doing this exercise.

#### Values and committed action

Write out your 3 top values. It may be difficult to come up with values on the spot. Visit <u>loving.health/en/act-list-of-values/</u> if you need further help.

#### What's next?

As Russ Harris says; Your values might include love, respect, humor, patience, courage, honesty, caring, openness, kindness, compassion or numerous others. **Look for ways to sprinkle your values into your day**, and let them guide and motivate your actions.

Use the log below to track ways to incorporate your values into your everyday life. Remember, these don't have to be huge or monumental. The important thing is to stay focused on where you want them to take you.

Value:....

Date	Event	How was it?

Value:.....

Date	Event	How was it?

Value:.....

Date	Event	How was it?

#### Measuring levels of anxiety

Levels of anxiety constantly change. Russ Harris provides the following metaphor:

Think of anxiety as a water level. When it is up to your nose, the tiniest wave can make you feel like you are drowning. But if you manage to bring your anxiety water level down to your ankles, it's going to take a tsunami to sweep you off your feet.

In order to bring you anxiety down, we have to **examine** it. What causes it? What does it feel like? What thoughts come to your head? How do you react?

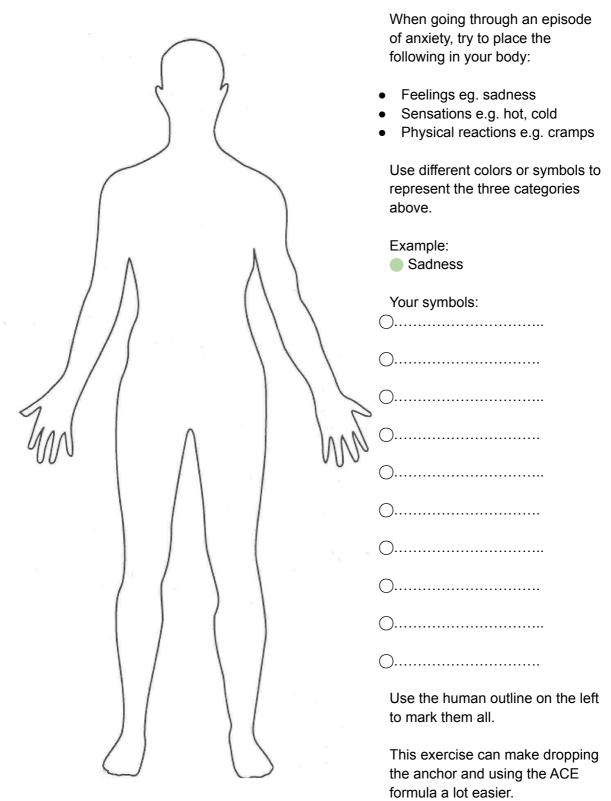
Let's start with low-level anxiety. You may have taught yourself to ignore these signs, but it is very important to learn to recognize what is happening, *while you are still not out of your depth.* 

What is the trigger?	What thoughts appear in your head?	What other feelings and emotions accompany these situations?	What body sensations can you recognize?

Now, what happens when you feel like you are starting to lose control? Are the triggers, reactions, sensations the same?

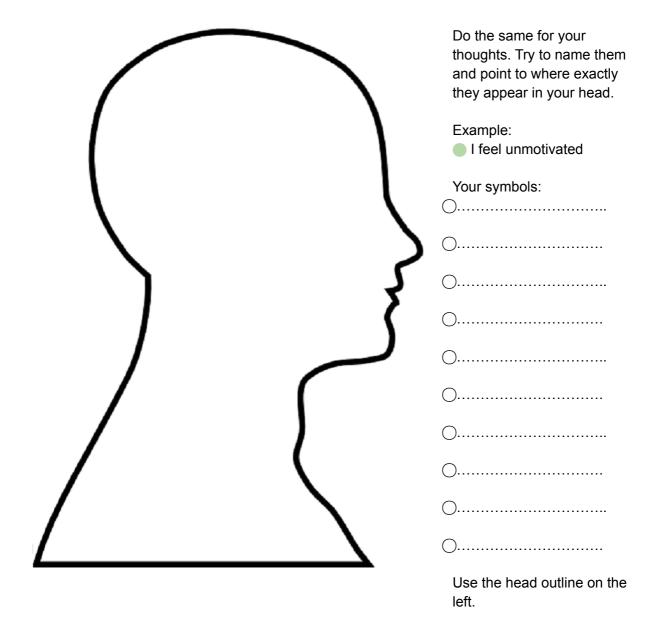
What is the trigger?	What thoughts appear in your head?	What other feelings and emotions accompany these situations?	What body sensations can you recognize?

#### Recognize your (negative) feelings





#### Recognize your (negative) thoughts



This exercise can make dropping the anchor and using the ACE formula a lot easier.

## Why ACT?



Hi, my name is Olga and I am an Acceptance and Commitment Therapy (ACT) specialist. Nice to meet you!

The school I come from (the Human Potential Institute) treats people as a whole, paying attention to their health, hormones, energy levels, supplements, and daily habits all at the same time.

Man is not only the head and the thoughts that flow within it. There is also a wisdom of the body which accumulates tensions and traumas, but at the same time helps us calm down or suggests solutions (hence the "gut feeling"). The body can become the very thing that grounds us.

The Institute I come from places great emphasis on connecting the body with the mind, on setting goals, actively pursuing them, as well as on recognizing obstacles and facing them.

Currently, I am fascinated by the opportunities offered by working in the spirit of ACT (Acceptance and Commitment Therapy).

"What holds you back is not fear, but your attitude towards it. The tighter you hold on to the attitude that fear is something 'bad' and you can't do the things you want until it goes away, the more stuck you will be."

- Russ Harris, The Confidence Gap