CHOICE POINTS

GUIDE

When you are feeling distressed, hooked and feeling stuck in 'away' behavior, consider the following to help get you unstuck, and move you towards your values.

1. Identify your stressors -- your circumstance along with thoughts, feelings, sensations, urges, memories, beliefs, etc.

2. List your "away" moves -- when you get hooked by thoughts & feelings, list the behaviors that move you away from your values & goals, from the life you want, from the person you want to be.

3. Brainstorm potential "towards" moves – behaviors that you would like to make, that would move you towards you values, goals, the life you want, the person you want to be.

4. List potential helpers – values, goals and skills that will help you get unhooked:
- List your values and goals - what matters to you? Who do you care about? What sort of person do you want to be? How do you want to treat yourself, others, the world around you? What do you want to do more of, less of, or differently? What do you want to stop or start doing?
- Review your unhooking skills - defusion, acceptance, awareness/watchfulness, the "observing self", self-compassion. Can you use one or more of these skills?
- Consider your Personality Strengths. What strength(s) can help you at this time?
- Additional Life Skills - problem-solving, goal-setting, action-planning and others as needed (e.g. assertiveness, communication, empathy).
- Along with ACT skills, as Christians, we know that at any time we can rely on the ultimate HELPER – God our Creator. We have access to God's Presence, Spirit, Word, Character, Love, Power, Promises ….. And so, how can Jesus' model of facing pain with hopeful endurance help you in your situation?)

At the Choice Point, be BOLD:
B-Breath — Breath slowly, slow down
O-Observe — Observe what you are Doing. Feeling. Thinking. Allow inner experiences to flow through you.
L-Listen to values — Right now, what kind of person do you want to be? What matters to you?
D-Decide on actions and do them — Choose actions that will reflect your values

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