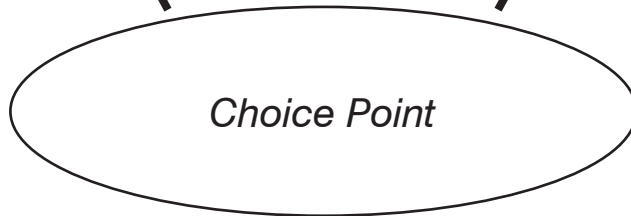


Choice Point

AWAY
 Moving away from the life outcome you want,
 acting *ineffectively*, behaving *unlike* the
 person you want to be

TOWARD
 Moving toward the life outcome you want,
 acting *effectively*, behaving *like* the person
 you want to be



Value: _____

Health behavior (as a SMART goal):

Passengers that get in the way

Difficult/unhelpful thoughts, feelings, sensations,
and memories

Thoughts:
 Feelings:
 Sensations:

Skills

Values, tools, and practices that help you act like
the kind of person you want to be

Healthy habit

Adapted from the "Choice Point" worksheet in Ciarrocho, Bailey & Harris, 2013

Clarify Your Values

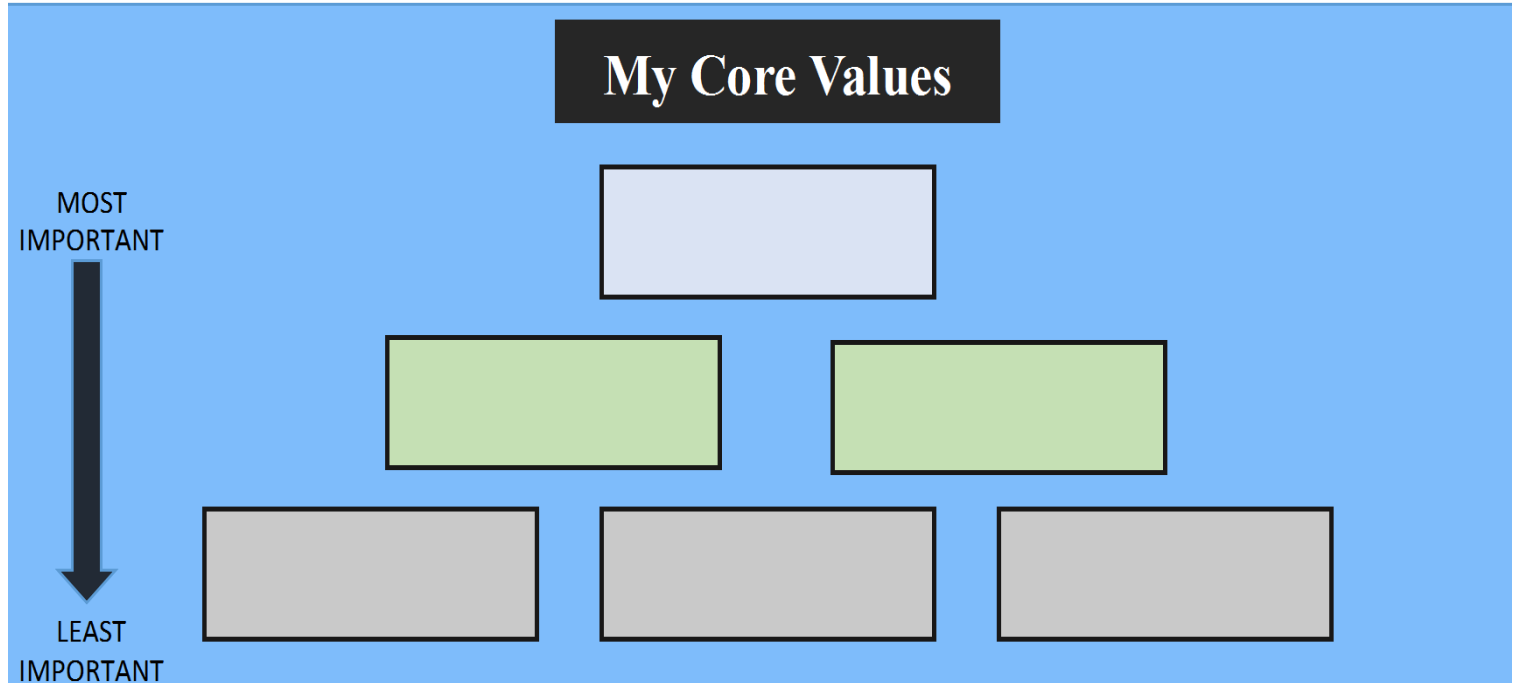
Step 1: Choose your values. Read through the list of values below and check off those that are *most important* to you. You may check them all, and that's okay. In step 2, you'll sort through them to figure out their relative importance to you.

✓	Values
	1. Acceptance: Being open to and accepting of myself, others, life, and so on
	2. Adventure: Being adventurous; actively seeking, creating, or exploring novel or stimulating experiences
	3. Assertiveness: Respectfully standing up for my rights and requesting what I want
	4. Authenticity: Being authentic, genuine, real, and true to myself
	5. Beauty: Appreciating, creating, nurturing, or cultivating beauty in myself, others, the environment, and so forth
	6. Caring: Caring for myself, others, the environment, and so forth
	7. Challenge: Challenging myself to grow, learn, and improve
	8. Compassion: Acting with kindness toward those who are suffering
	9. Connection: Engaging fully in whatever I'm doing, and being fully present with others
	10. Contribution: Helping make a positive difference in myself and others
	11. Conformity: Respecting and obeying rules and obligations
	12. Cooperation: Cooperating and collaborating with others
	13. Courage: Being courageous or brave; persisting in the face of fear, threat, or difficulty
	14. Creativity: Being creative or innovative
	15. Curiosity: Being curious about, open-minded toward, and interested in exploration and discovery
	16. Encouragement: Encouraging and rewarding behavior that I value in myself and others
	17. Equality: Treating others as equals, and vice versa
	18. Excitement: Seeking out, creating, and engaging in activities that are exciting, stimulating, or thrilling
	19. Fairness: Being fair to myself and others
	20. Fitness: Maintaining or improving my fitness; looking after my physical and mental health and well-being
	21. Flexibility: Adjusting and adapting readily to changing circumstances
	22. Freedom: Choosing to live and behave freely, or helping others do likewise

✓	Values
	23. Friendliness: Being friendly, companionable, or agreeable toward others
	24. Forgiveness: Forgiving myself and others
	25. Fun: Being fun loving; seeking out, creating, or engaging in fun activities
	26. Generosity: Sharing with and giving to myself and others
	27. Gratitude: Being grateful for and appreciative of the positive aspects of myself, others, and life
	28. Honesty: Being honest, truthful, and sincere with myself and others
	29. Humor: Seeing and appreciating the humorous side of life
	30. Humility: Being humble and modest; letting my achievements speak for themselves
	31. Industrious: Being hardworking and dedicated
	32. Independence: Being self-supportive and choosing my own way of doing things
	33. Intimacy: Opening up, revealing, and sharing myself (emotionally or physically) in close personal relationships
	34. Justice: Upholding justice and fairness
	35. Kindness: Being kind, compassionate, considerate, nurturing, and caring toward myself and others
	36. Love: Acting lovingly or affectionately toward myself and others
	37. Mindfulness: Being conscious of, open to, and curious about my here-and-now experience
	38. Order: Being orderly and organized
	39. Open-mindedness: Thinking things through, seeing things from other points of view, and weighing evidence fairly
	40. Patience: Waiting calmly for what I want
	41. Persistence: Continuing resolutely, despite problems or difficulties
	42. Pleasure: Giving pleasure to myself and others
	43. Power: Strongly influencing or wielding authority over others; taking charge, leading, organizing
	44. Reciprocity: Building relationships in which there's a balance of giving and taking
	45. Respect: Respecting myself and others; being polite and considerate and showing positive regard
	46. Responsibility: Being responsible and accountable for my actions
	47. Romance: Being romantic; displaying and expressing love or strong affection
	48. Safety: Protecting myself and others and ensuring our safety
	49. Self-awareness: Being aware of my own thoughts, feelings, and actions
	50. Self-care: Looking after my health and well-being and getting my needs met
	51. Self-control: Acting in accordance with my own ideals



Step 5: Now sort the values from the “high priority” category in step 4.



These core values reflect what is most important to you *right now*. You're not stuck with these values forever, because you'll prioritize values differently at different stages of your life. For example, you may prioritize different values when you are early in a career compared to when you become a parent. In fact, it's important to continue to consider your values on an ongoing basis. Reflecting on your values on a regular basis will help ensure that you are focused on and prioritizing the ones that matter the most to you at this time.

(Adapted from Day and Lee-Bagley 2017)

Linking Values and Behaviors

Health behaviors, including such things as engaging in more physical activity, reducing junk-food consumption, and quitting smoking, are activities that are meant to improve your health.

Record the health behavior you are going to work on while you read this book: _____

Now take a minute to consider how this health behavior is linked to an important value.

Value: _____

How does engaging in this health behavior help you express or demonstrate this important value?

(Adapted from Day and Lee-Bagley 2017)

How Passengers Knock Us off Our Route

Step 1: Set Yourself a Challenging Goal

Set a specific and time-bound goal that:

- is consistent with one of your most important values
- you want to achieve within the next month
- is challenging enough to take you out of your normal comfort zone

My goal: _____

Step 2: Notice What Your Passengers Say and Do

Write any thoughts you notice in the space below.

My passengers are saying: _____

Step 3: Reflect on What You Noticed about Your Passengers

The human mind generates all sorts of thoughts. Some may be encouraging, perhaps predicting that you will achieve your goal. However, the mind is also very good at generating reasons for why we won't, can't, shouldn't, or might not achieve a goal. This type of chatter often comes in the following forms:

Obstacles

Our mind points out all the obstacles and difficulties that lie in our path.

Example: *I won't have enough time.*

Judgments

Our mind tells us all the ways we're not up to the task.

Example: *I won't do it right.*

Comparisons

Our mind compares us unfavorably to others who seem to do it better, have more talent, or have it easier.

Example: *My friend doesn't have this problem.*

Predictions

Our mind predicts failure, rejection, or other unpleasant outcomes.

Example: *This won't work.*

Did any of your thoughts fall into any of these categories? If so, check them off. And remember, this is just what the mind does.

(Adapted from P. Flaxman, personal communication, February 23, 2016)

Do It Anyway: Committed Action

Healthy habit: _____

Step 1: Clarify Your Values

Why are you working on this healthy habit? What is the deeply meaningful reason behind it? How is it linked to your values, to who you want to be in life?

Step 2: Make the Healthy Habit a SMART Goal

SMART goals are specific, *measurable*, *achievable*, *realistic*, and time bound.

Step 2a: Is My Healthy Habit Actually a Health Behavior?

Is your healthy habit:

- | | | |
|-----------------------------|-----|----|
| • Specific | YES | NO |
| • Observable | YES | NO |
| • Measurable | YES | NO |
| • Under your direct control | YES | NO |
| • Meaningful to your goals | YES | NO |

If not, ask yourself what another person would see you do if you were to accomplish your not-SMART goal. For example, if you *wanted* to eat salad for lunch and were accomplishing this goal, what would someone see you do more of? If you *enjoyed* going to the gym and were accomplishing this goal, what would someone see you do more of?

Step 2b: The “Do Instead” Goal

Do you have a “do instead” goal rather than a “don’t do” goal? If not, what can you *do instead* of the “don’t do” goal you listed?

Step 2c: The 90 Percent Rule

Pick a time frame for accomplishing your goal (for example, during the next week).

Are you 90 percent sure you can do this behavior in the time frame you set? YES NO

If not, how can you make it smaller, less frequent, or more manageable so that you’re 90 percent sure you can accomplish it?

Is your healthy habit:

- Achievable YES NO
- Realistic YES NO
- Time bound YES NO

Step 3: Final Healthy Habit as a SMART Goal

Now that you’ve gone through these steps, write down the healthy habit you will be working on: _____

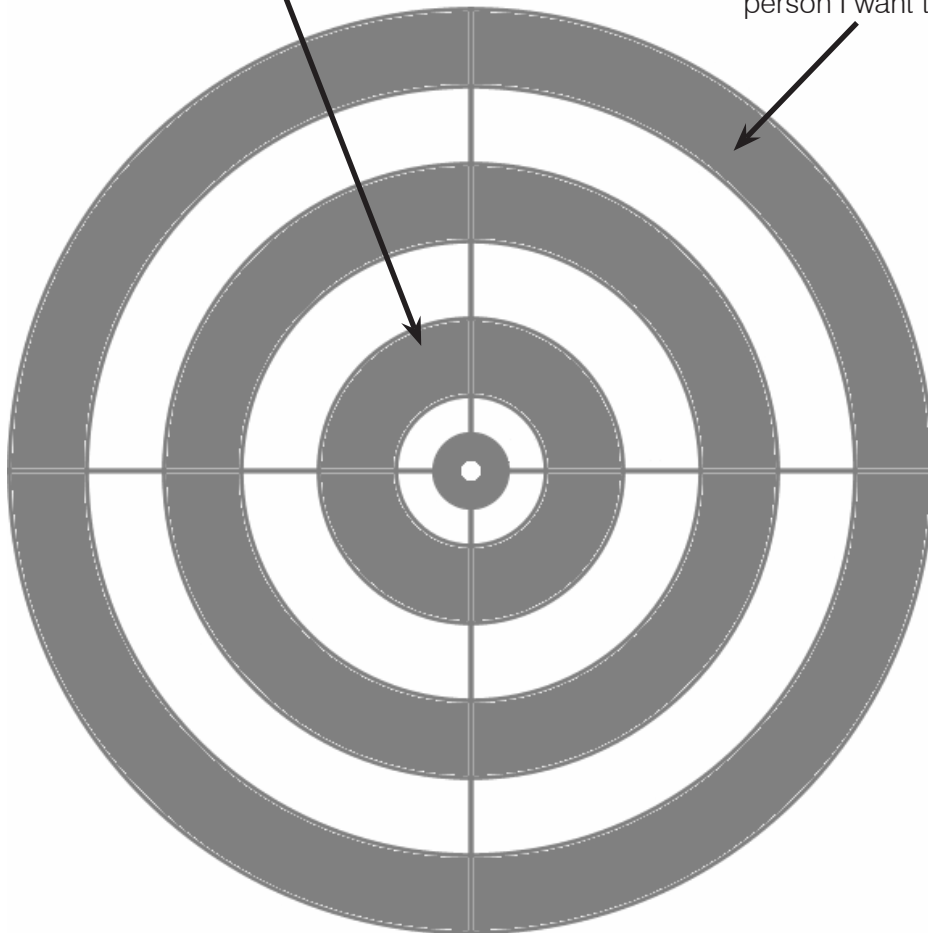
Behaviors Self-Assessment (Bullseye)

DATE: _____

Value:
Health Behavior:

I am behaving like the person I want to be.

I am not behaving like the person I want to be.



Adapted from Dahl and Lundgren 2006

What Have You Done to Avoid Feeling Bad?

Consider the things you do to make yourself feel better, and what short- or long-term effects they have.

Emotion	Things I Do to Make Myself Feel Better	Short-Term Effects	Long-Term Effects
Example: <i>Sadness</i>	Example: <i>Eat and drink</i>	Example: <i>Feel comforted and distracted by food and drinks</i>	Example: <i>Feel bad about my eating and weight gain, and sometimes experience nausea</i>

(Adapted from Day and Lee-Bagglely 2017)

My Old Friend

Think about an emotion you don't like to experience, perhaps guilt, anger, sadness, or shame, and then answer the following questions.

When do you first remember experiencing this emotion (or something similar to it)?

How old is the emotion? _____

Do you know anyone who has never experienced this emotion? (Remember, there is a difference between experiencing an emotion and expressing an emotion.)

Do you really know someone who has never actually experienced this emotion? YES NO

Where, when, and how has this emotion shown up in your life?

What have you done to try to avoid this emotion, change it, or make it go away?


Given all these efforts, have you succeeded in permanently ridding yourself of this emotion? YES NO


Can you welcome this emotion like an old friend rather than fighting with it or trying to make it go away? It's been with you for a long time.

(Inspired by Lillis, Dahl, and Weineland 2014)

Check In on Your Feelings

In the space provided, write down a feeling that you may not like or you try to avoid. Cut along the dotted line and carry the piece of paper with you during the day. Periodically take it out and check in on the feeling. Acknowledge it (where you feel it in your body, what the sensations related to it feel like, what thoughts show up), notice your reaction to it (perhaps wanting to avoid it or to have it go away), and imagine yourself taking care of the feeling as you would a puppy.

<p>Feeling: _____</p> <ul style="list-style-type: none"> • Acknowledge your feeling. • Notice your reaction to your feeling. • Take care of your feelings as you would a puppy. 	<p>Be a responsible feelings owner.</p>  <p><i>Remember, the feeling is just being a feeling.</i></p>
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<p>Feeling: _____</p> <ul style="list-style-type: none"> • Acknowledge your feeling. • Notice your reaction to your feeling. • Take care of your feelings as you would a puppy. 	<p>Be a responsible feelings owner.</p>  <p><i>Remember, the feeling is just being a feeling.</i></p>
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Feeling Object

What color is it? _____

How big is it? _____

What shape is it? _____

What does it feel like? _____

Does it move? How fast? _____

How heavy do you think it is? _____

Can you breathe into it and around it and make space for it? Can you welcome it in you where it belongs?

(Inspired by Flaxman, Bond, and Livhalm 2013, and Harris 2009)

Practicing Mindfulness

You can use this worksheet to record when you practice mindfulness or what got in the way of practicing mindfulness.

Practice Record		
Day/Time	Mindfulness Practice (Type/Amount)	How Did the Passengers Try to Stop You? What Got In the Way?
Example: Monday, 3 p.m.	Use mindfulness app for five minutes	Had the thought "I don't have time for this"
Example: Tuesday, 6 p.m.	Meant to wash dishes mindfully	Got worried about my presentation at work tomorrow, so I didn't have time

If you want to set a reminder to practice mindfulness, include both the behavior (for example, "use mindfulness app") and the value (for example, "be an engaged parent") you associate with practicing mindfulness in the reminder itself.

Compassionate Figure

Imagine a compassionate figure, perhaps a TV or movie character or a public person. Whoever it is, just thinking of this person should make you smile. Describe this compassionate figure in as much detail as possible. What does he look like? How does she sound?

Now, think of a mistake. It shouldn't be the worst mistake ever, more like a 3 or 4 out of 10. Describe this mistake.

Now imagine that your compassionate figure comes into the room and sits down next to you. What does this person do and say to recognize your pain, to acknowledge your suffering, and to comfort you?

(Inspired by Tirsch, Schoendorff, and Silberstein 2014)

Value-Consistent Behavior

An example of when I did something consistent with a value of mine: _____

What thoughts, feelings, and sensations did I have *before* engaging in the behavior?

What thoughts, feelings, and sensations did I have *while* engaging in the behavior?

What thoughts, feelings, and sensations did I have *after* engaging in the behavior?

Why is this value important to me? _____

How is this behavior linked to my value? _____

What was it like to behave in a way that was consistent with my value? _____

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