

## ACT Now Training Video Transcripts

### 2. Introducing the ACT Map

Time	Speaker	Text
0:04	HP	So what I'm going to do is I'm going to just to continue to explore this together. But I'm going to map this out in something we call the 'ACT Map'.
0:16	HP	And it is quite a simple way of trying to make sense of things that often feel quite complicated. So I am just going to write some things down here, and the first thing that you shared with me, the first step is the situation, which is having to go through cardiac surgery and having this scar. That is what has led you to this point.
0:48	HP	So, Mary, I wonder if you could say a bit more about the thoughts and feelings that are showing up about the scar. You mentioned some worries about redness. Can you tell me a bit more?
1:06	Mary	Well I don't like to look at it. It makes me feel uncomfortable. I don't look the way I used to. And other people don't have it. So I look at other people and I think I wish I didn't have a scar that other people can see. And I worry about people being upset when they see it. And I don't want to upset my granddaughter.
1:36	HP	Ok
	Mary	So I don't want her to see it, and also I... don't like my husband seeing it.
	HP	Ok, so what I can hear is that some of the worry is about how you feel it looks and feels, and some of the worry is about how other people will react, like your granddaughter or husband.
2:03	HP	Ok, so when these feelings show up, feeling embarrassed or self-conscious, when they're right up close like they sometimes are, Mary, what do you find yourself doing differently to what you would have done before you had the scar? For example, when you're spending time with your husband or your granddaughter.
2:35	Mary	Well I don't like to show it. I always cover it up. I used to go dancing and wear low-cut tops, and I don't do that anymore. I certainly wouldn't go swimming with my granddaughter. I do what I can so that people can't see it, and I can't see it. So I wouldn't stand in front of the mirror. I barely look in the mirror anymore, unless I'm fully- it is a bit hot in here isn't it – unless I'm covered up.
3:14	HP	Ok, so Mary, what I can hear is that because you feel anxious and self-conscious, you are doing a number of things like covering up, even though it's really hot today-
	Mary	It is hot. It is hot today.
	HP	-You're avoiding doing things that you used to enjoy, like going dancing or going swimming. But also it sounds like things that might have been normal for you before like looking in the mirror, you've been avoiding doing those sorts of things as a way of keeping yourself safe.
3:45	Mary	Yeah, safe. It is interesting way of- yeah, safe.
3:53	HP	It is understandable that you are doing those things. And yet, my next question is whether you think there are any costs of avoiding time with your granddaughter, of covering up, those things.
4:15	Mary	Well I can't wear all my old clothes. I often don't relax like I used to, I'm often anxious about and thinking about it a lot. And I haven't been swimming with my granddaughter since before the operation. We used to do that once a week. I don't so that anymore. I don't want her to see this thing.

4:42	HP	OK, and how do you feel about not going swimming? Does it bother you?
	Mary	Well I know it bothers her. She is disappointed, which upsets me. It does upset me. We used to like that. I like spending time with her, it's important.
	HP	So I can hear that these worries that you have, really understandable worries you have about the scarring, is having quite a bit impact on you and stopping you from doing some of the things that you would like to be doing. So what I would now like to do in our ACT Map is to just take a few moments to think about the next step, which is what is important to you. What do you value? You've given me a bit of a sense of that. Can you say some more Mary?
5:35	Mary	Well I value my family.
	HP	That's really come across
	Mary	I value spending time with her and connecting with her. It's important to her, it's important to both of us. So keeping up that relationship is really important.... And dancing. I haven't said much about dancing, but I see my friends. So that social connection.
6:03	HP	OK, so what I can see it while we're mapping this out together. And what I want to show you is how over here we've looked at how some of these worries, these difficult thoughts and feelings are really 'pulling you away' from things you care about. They make you feel safe, but they come at a bit of a cost as well. What you have shared here is some of your values, feeling connected with friends and family. Those things are important to you.
	Mary	They are.
6:37	HP	So what I wonder is whether, would you be willing for us to look over here...
6:47	HP	...at some ways to help you 'un-hook' from some of those difficult thoughts and feelings-
	Mary	I would love to, yeah.
	HP	-and take some practical steps towards doing more of the things that you care about, doing more of the activities that used to give you a lot of joy>
	Mary	Yes
	HP	Ok, so what we are going to do is use something called 'ACT', which stands for Acceptance and Commitment Training. And (in English) the name really says what this means. So ACT doesn't mean accepting everything around us. And that word 'Acceptance' can sometimes be hard when you have been through what you have been through. What we mean here is accepting things that are outside of your control right now, and focusing your energy and attention on the things that are within your control, like getting back to dancing, like reconnecting to your granddaughter. And we are going to be using two key skills, we call them our 'pillars', our 'ACT pillars', which are mindfulness skills; I'll explain more about that in a moment. And what we call our values-based skills, which are connecting to what we really care about.
8:05	HP	And those two pillars, I have a sense that you have those already, but we are going to look at really strengthening those pillars, so that you can feel that you have this scar and you can live well with it, and move forward with what you care about. How does that sound?
	Mary	Good.