

ACT Now Training Video Transcripts

5. Setting a simple goal

Time	Speaker	Text
0:05	HP	We have looked at two techniques today, Mary: Mindfulness of breath, and the thought de-fusion exercise. And one of the main reasons for learning and practicing these is so that you can feel much more able to take those steps towards what you care about. So we are going to spend a few minutes before we finish this appointment really looking at –if you feel willing- setting what we call a values-based goal. Does that sound OK?
0:46	Mary	Yes.
	HP	One of the things you said is really important to you is around family time, and going swimming with your granddaughter. And I want to start by just checking, if in three months’ time, with this support here and things you are doing yourself, it really made a difference and these worries just were not having such an impact anymore, you were getting out and about even though the scar is here, you are back doing what you care about... What is one of your longer-term goals Mary?
1:23	Mary	I would like to be in the swimming pool with my granddaughter.
	HP	Ok, that is a really clear goal: Being in the swimming pool with your granddaughter. [1:41] And if I asked you right now how willing you are- if zero is not willing at all, and ten is really willing- where would you rate yourself today on that longer-term goal?
1:54	Mary	Not willing. Not willing.
2:00	HP	And I thought you might say that because if it was very easy, you would have just gone and done it already. But I want us to acknowledge that that is where we are going to aim towards. Is that where you want to aim towards?
2:10	Mary	Absolutely.
	HP	OK. We are going to break it down into small manageable steps, with you going away and doing something that you do feel willing to do this week that takes you a little bit closer to your longer-term goal. [2:25] So what is something that you think... When you think about going swimming, what is the important thing about going swimming with your granddaughter? What is the value connected to that?
2:36	Mary	The value is seeing her enjoying herself in my company, when she is with me.
	HP	Ok, so being with her-
	Mary	Doing something she enjoys.
2:52	HP	So it sounds like the most important thing is doing something she enjoys. [3:03] So bearing that in mind, what is one thing do you think this week that you might be able to do that is related to spending time with your granddaughter, doing something that she enjoys.
3:21	Mary	She enjoys going to the playground.
	HP	Is that something that you have done with her recently?
	Mary	No. No, I haven’t.
3:43	HP	How willing would you be this week to do that?
	Mary	That would be probably a four out ten.
	HP	Four out of ten. OK. So what I think would be helpful is to break that goal down into a smaller chunk, something even more manageable than that, something

		at least a seven out of ten in terms of feeling "Yes I am ready and willing to do this". [4:20] Remembering that the main aim, the key thing is just spending time with your granddaughter.
4:24	Mary	Reading a story at night. So I don't have to go out, but I am in the house.
	HP	Lovely. When could you do this this week?
	Mary	I could do that this Thursday.
4:43	HP	And again if I was to ask you about the willingness scale from zero to ten, what would you say?
	Mary	Seven or eight.
	HP	A seven or an eight. OK. And if you could look back once you have done it and think "I did that", would that be important? Would it be a step forwards?
5:03	Mary	It would. It is something I haven't done for a long time.
	HP	It sounds like a really good goal for this week. [5:18] Before we finish, just to check, when you are right up close with your granddaughter, what thoughts and feelings might show up?
5:28	Mary	She might ask why I am wearing a scarf. And she might ask me to take it off. Which means that she might see it. Because without the scarf it is obvious.
5:45	HP	And knowing that there may be some anxiety about this exercise, what do you think will be important for you to have the best chance of coming back next week and saying "I managed it. I am moving towards what matters."
6:07	Mary	Do you mean what might help me?
	HP	Yes. What might help when those difficult thoughts or feelings show up?
	Mary	You have taught me two things. You taught me the breathing exercise. That was helpful, I can imagine that being helpful. And knowing that a thought is a thought, I could put that sentence in front of it, "I am noticing the thought that..." So I think they would be the two things.
6:42	HP	So you have got those ready there if you need them. And sometimes it is useful to write down your goals because it is very easy to forget. So you might want to write that down. I look forward to hearing how you get on next week.
	Mary	Thank you.