

THE CHOICE POINT VIDEO BY DR RUSS HARRIS – SCRIPT

All day long humans are *doing* things, even if it's just sleeping we're always doing things. We can classify what people do into two large groups of behaviours.

- Towards moves: things that are in line with our values, behaving like the sort of person we want to be, acting effectively, doing things that help to make things better
- Away moves: moving away from our values, behaving unlike the person we want to be, acting ineffectively, doing things that **don't** improve life or make it worse

What we're aiming to do in this course is give you a lot more choice, so that you can choose to do more towards moves. The more you choose towards moves, the richer, fuller and more meaningful your life is likely to become, the more effective you will be at creating the sort of life you want and achieving the goals you want to achieve.

In a challenging situation, difficult thoughts and feelings show up. When we get hooked by these difficult thoughts and feelings, we tend to start doing **away moves**. Difficult thoughts and feeling might include depression, anxiety, stress, pain, suffering, fear, anger, guilt, thoughts about not being good enough, of failing or screwing it up, a whole range of difficult thoughts, feelings, memories, urges, sensations and feelings.

When we get hooked by difficult thoughts and feelings, we typically get pulled away from our values and start acting ineffectively.

In this course we want to give you a lot more choice, so that when you're in those challenging situations, whether its relationship, health, financial or work issues, whatever those challenges are when those difficult thoughts and feelings show up, we want you to be able to **unhook** yourself from them and make a wise choice. One that **you** decide is wise. We want you to have the freedom to choose *towards* moves, if that's what you want to do.

To do that I'm going to introduce you to some **helpers** that will help you to unhook from the difficult thoughts and feelings. Those helpers fall into two categories.

- **Values**, we will clarify what those are, and how to use them to set goals and create action plans and guide what you do as you move forwards in the face of these challenges and difficulties

Mindfulness skills that will help you unhook from difficult thoughts and feelings and refocus your attention on what is important, so you can engage fully in your life, live in the present moment and make the most of this moment in your life as it is right here and right now.