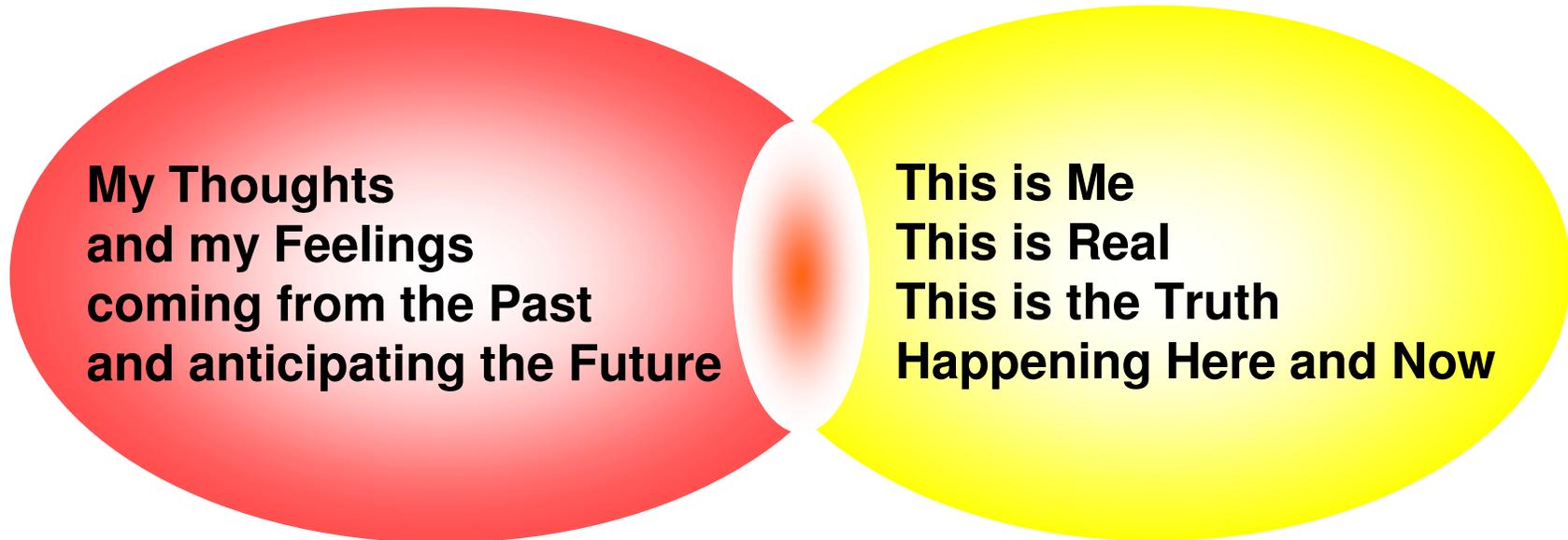


FUSION



*Is what I think and Feel
literally the same as what is happening Here and Now?*

Understanding FEAR

Fusion – Believing that what you think and feel is literally the same as what you are experiencing here and now

Evaluation – Trying to figure out why you feel afraid by getting drawn into the fear and the problems and getting carried away with Asking questions / Judging / Problem solving / Sorting / Assessing the Value / Changing / Calculating

Avoidance – Blocking off / Distracting / Being Busy / Denying you are afraid or you have a problem / Blaming others or situations or circumstances / Controlling / Trying to make things go away

Reasons – Looking for explanations to understand Why you are afraid / Have a problem / Coming up with one reason after another / Or the same old reasons / The answer never satisfies

Accepting and Committing to Change

Contact – with the present moment / being mindful

Acceptance – of your experience just as it is

Defusion – learning that thoughts and feelings based on past memories and future anticipations are not literally the same as how we feel when we experience them again / separating ‘being’ from ‘seeing’

Values – discovering what you really want

Action – choosing and committing to a valued direction

ACT

Accept your experience just as it is

**Choose a valued direction.....
what I really want is....**

Take action