WORKSHEET 35 · FOR THE PSYCHOLOGIST

The choice point

Noticing whether I am moving towards or away from what matters to me

AIM

Offer a simple tool for analysing a difficult situation: what "hooks" you (thoughts, emotions), the behaviours that move you away from your values and those that move you towards them.

WHO IT IS FOR

Any emotional difficulty; a summary tool linking defusion, acceptance and values.

DURATION

15 min in session; then on your own with real situations

HOW TO RUN IT

1. Draw a "Y": at the bottom, the situation; at the fork, the choice point; two branches: "away" and "towards".
2. First fill in what hooks you: thoughts, emotions, sensations, urges.
3. Then the actions that move you away (avoiding, ruminating, withdrawing…) and what they cost.
4. Then the actions that move you towards what matters, and the tools that help you choose them (defusion, anchoring, acceptance).
5. Apply it to a situation expected during the week.

POINTS TO WATCH

> The same behaviour can move you towards or away depending on its function (resting can be self-care or avoidance): the person decides, according to their values.

REFERENCES

Harris, R. (2019). ACT Made Simple: An Easy-to-Read Primer on Acceptance and Commitment Therapy (2nd ed.). New Harbinger.

Hayes, S. C., Strosahl, K. D. & Wilson, K. G. (2012). Acceptance and Commitment Therapy: The Process and Practice of Mindful Change (2nd ed.). Guilford.

PSYCHOLOGIST'S NOTES

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WORKSHEET 35 · WORKSHEET TO HAND OUT

My choice point

In a difficult situation, some thoughts and emotions hook us. Then we have a choice: do what moves us away from what matters, or what moves us towards it, even a little.

1. The situation: _____
2. What hooks me (thoughts, emotions, sensations): _____
3. What I do when I move away from what matters to me: _____
4. What I could do to move towards it: _____

Situation	What hooks me	I move away when…	I move towards when…

What helps me choose the branch that moves me towards it?

These exercises do not replace therapy. If you are in distress or having suicidal thoughts: 112 (European Union), 3114 (France) or the emergency number of the country where you live.

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