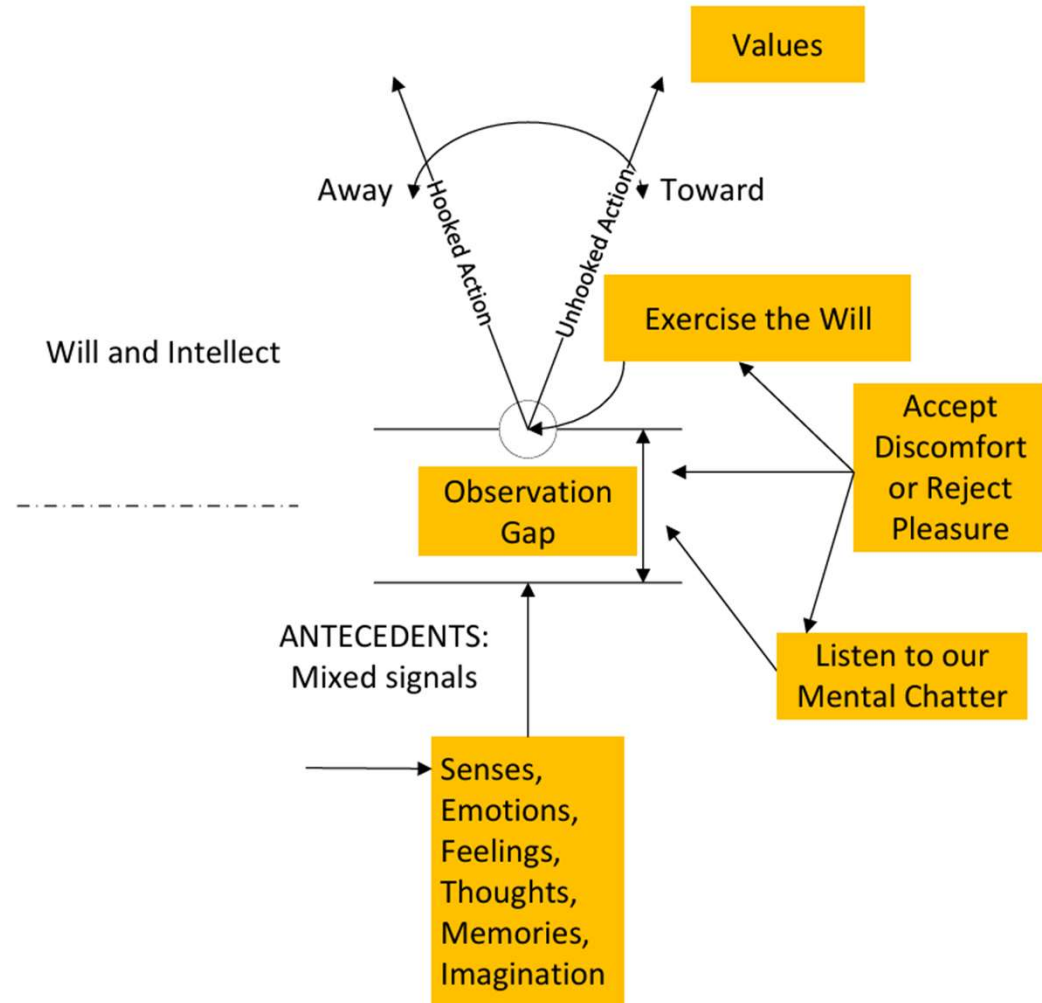


***"Between stimulus and response, there is a space.
In that space is our power to choose our response.
In our response lies our growth and our freedom."***

- Anonymous



This is your brain's processes in behavioral choice



More
simply...



Skills Training in Acceptance and Commitment Therapy

Most of ACT is about attention training

- Developing an “observer self” (Self-As-Context)
- Focusing on the here-and-now (Present Moment)
- Identifying and sitting with our internal experiences (thoughts, feelings, urges, cravings, memories, body sensations) (Experiential Acceptance)
- Not being bossed around by our internal experiences (Defusion)

Observation



Perception: to become aware of something within the environment through the senses (hearing, touch, taste, sight, smell)



Interoception: to become aware of sensations in your body (tightness, pain, hunger, thirst, fullness, openness, arousal)



Neuroception: subconscious awareness of in relation to threats in our environment

Learning to Best Use our Gifts from God

Key idea: Noting

aka: “observing” or “naming” something

aka: Sacramental Pause

(Dr. Greg Battaro)

Skill which is foundational to this model

- It reinforces awareness
- Helps us navigate discomfort
 - Introduces a mental buffer between ourselves and the experience
 - Helps us unblend

Sacramental Pause

I am with you always, even to the
end of the age.

Matthew 28:20



Breakout

- Is there a value – a quality of behavior – that you notice the Holy Spirit might be calling you to commit to?