

Tips for practicing ACT on your own

Acceptance and Commitment Therapy (ACT) is a mindfulness-based cognitive-behavioral therapy that aims to enhance psychological flexibility. Here are some techniques you can practice on your own:

1. **Acceptance:** This process involves creating space for emotions, impulses, and feelings that we might otherwise suppress or avoid. This allows us to avoid over-inflating them or wasting too much energy on them so that we can move on more easily.
2. **Cognitive Defusion:** This is a mindfulness strategy that involves recognizing our psychological experiences objectively rather than perceiving them as perceived threats or realities. Our feelings, therefore, are simply feelings and not omens of impending doom. Thoughts are thoughts and not necessarily true, clever, or important.
3. **Being Present:** Fostering an awareness of how we're currently feeling, both physically and mentally. Rather than dwelling on the past or worrying about the future, connecting with the present is about engaging completely with 'right now'.
4. **Mindfulness meditation:** The practice of being aware of both your internal and external experiences can be tremendously useful as you are learning how to accept your emotions. You can try a sitting meditation and mindful breathing exercises.
5. **Observe your thoughts and feelings without judgment:** Notice over the course of a few days the various thoughts, feelings, emotions, memories, urges, and sensations you have. Track the triggering event and your behavioral response afterward.

Keep in mind, these techniques require consistent practice and patience. The goal isn't perfection, but rather continuous effort leading to mastery of the skills. Treat yourself with kindness and allow your progress to unfold at its own pace.