

Using ACT to Cultivate Acceptance

Allowing and Making Space



InsightLA ACT Series

Sundays, 3:30-5:00pm (pacific)

JUN 27: ACCEPTANCE

AUG 29: VALUES-RICH LIVING

SEP 26: PERSPECTIVE TAKING

OCT 31: COMMITTED ACTION

DEC 26: INTEGRATION

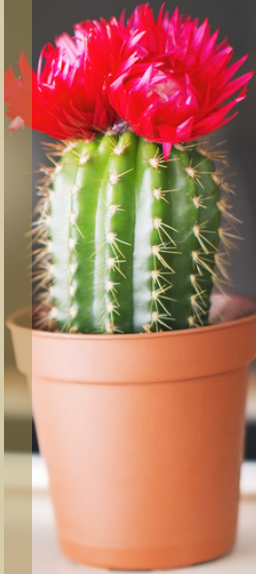


insightLA
meditation



Diana Hill PhD

@drdianahill #actdailyjournal



Today's Course

HIGHLIGHTS AND PRACTICES

What is Acceptance

Your Avoidance Strategies

Perspective Taking with ACT Matrix

Writing from the Heart

Acceptance with the Body, Mind and

Behavior



You'll Need:

- A pen and paper
- A place to write

Why Writing?

3 P's:

- Personalize
- Practice
- Perspective



But wait.
Can I get the slides?



[www.actdailyjournal.info/
acceptanceinsightla](http://www.actdailyjournal.info/acceptanceinsightla)

Who am I?

DIANA HILL

PSYCHOLOGIST

Psychological Flexibility Guide: I aim to help people grow lives that feel aligned with what they care about in the domains that are important to them.

MOM, HOMESTEADER, YOGINI, HUMAN

I aim to live a values-rich life.

I am not a work in progress. I am a life in process.



@drdianahill #actdailyjournal

The Four Noble Truths

OF BUDDHISM

- 1 LIFE IS SUFFERING
- 2 THERE'S A CAUSE TO OUR SUFFERING
- 3 FREEDOM FROM SUFFERING IS POSSIBLE
- 4 THE EIGHTFOLD PATH IS THE WAY

The Four "Noble-ish, Sometimes Truths"

OF ACT

- 1 LIFE IS PAINFUL, AT TIMES
- 2 STRUGGLING WITH PAIN MAKES IT WORSE
- 3 FREEDOM FROM STRUGGLE IS POSSIBLE
- 4 PSYCHOLOGICAL FLEXIBILITY IS A WAY

The Four "Noble-ish, Sometimes Truths"

OF ACT

1 LIFE IS PAINFUL

2 STRUGGLING WITH PAIN MAKES IT WORSE

3 FREEDOM FROM STRUGGLE IS POSSIBLE

4 PSYCHOLOGICAL FLEXIBILITY IS A WAY



Running from tigers.

"Tigers above, tigers below.
This is the predicament we
are always in."

-Pema Chodron



Running from tigers.

- Avoid
- Fix
- Problem Solve
- Fight
- Resist
- Shut down



Avoiding and Resisting Psychological Pain:

- Is a short-term solution
- Can intensify pain
- Consumes resources
- Restricts positive emotions
- Introduces new problems
- Blocks us from tasting the strawberries

“Start where you are... You might be the most violent person in the world—that's a fine place to start. That's a very rich place to start--juicy, smelly.”

-Pema Chodron



Write from the Heart
"Start where you are..."

What I really want you to know is...

Someone like me knows...





Acceptance:

CHOOSE YOUR ACTIONS BASED ON YOUR
VALUES

MAKE IMPORTANT CHANGES IN YOUR LIFE

PUT YOUR ENERGY INTO AREAS THAT MATTER TO
YOU

FIND THE GIFTS INSIDE YOUR PAIN



Acceptance Is Not:

APPROVAL

LIKING IT

BEING PASSIVE

ALLOWING FOR HARM, ABUSE, OPPRESSION

RESIGNING

GIVING UP



Acceptance Is:

WILLINGNESS
ALLOWING
MAKING SPACE
CURIOSITY
OPENNNNESS
LETTING GO
COURAGE



Avoidance isn't about
good or bad. It's
about workability.

SOMETIMES AVOIDANCE IS HELPFUL.

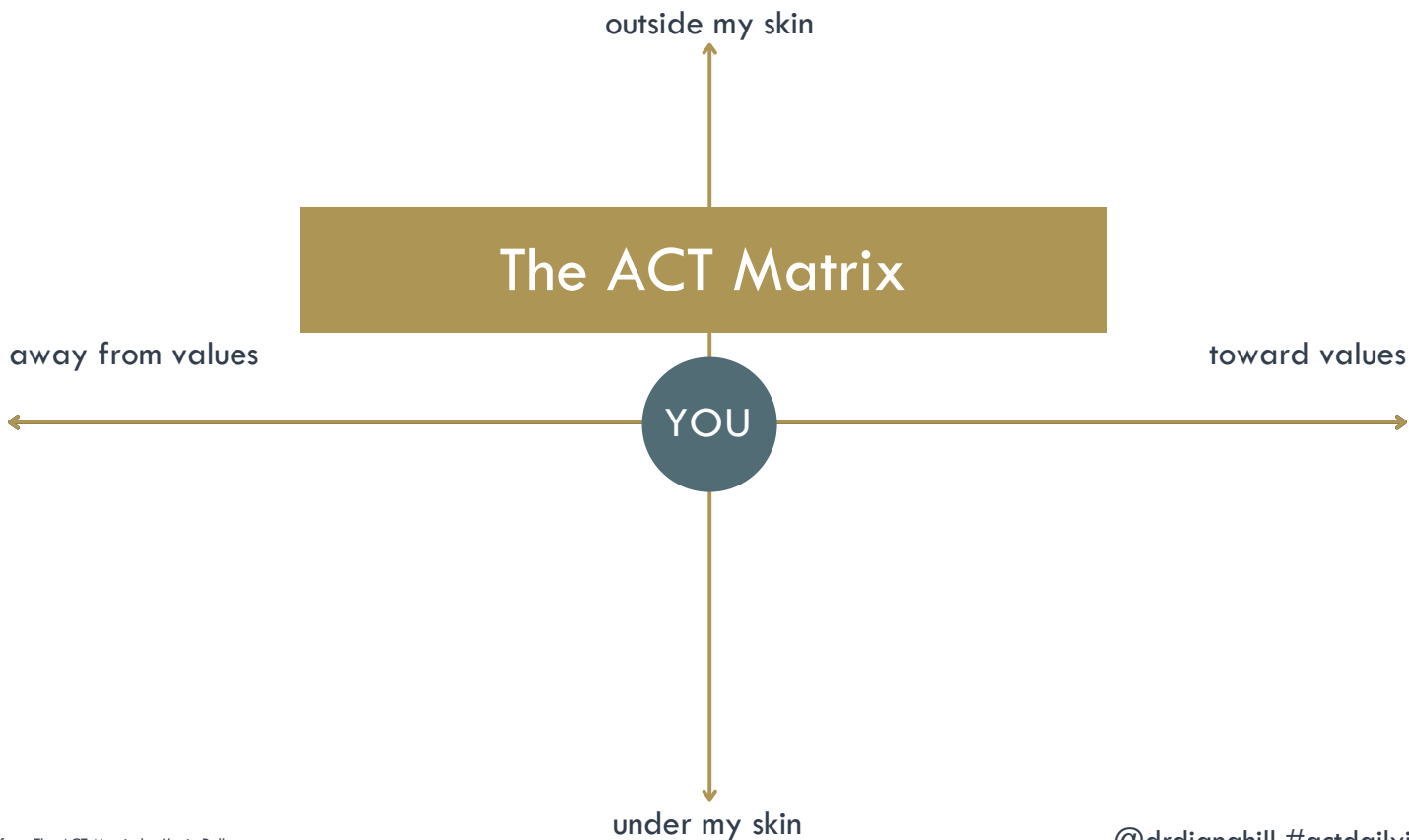


Unworkable Avoidance

WHEN AVOIDING GETS IN THE WAY OF
LIVING YOUR VALUES.

WHEN AVOIDING NARROWS YOUR LIFE

WHEN THERE IS SOMETHING INSIDE YOUR
PAIN THAT IS A GIFT



away from values



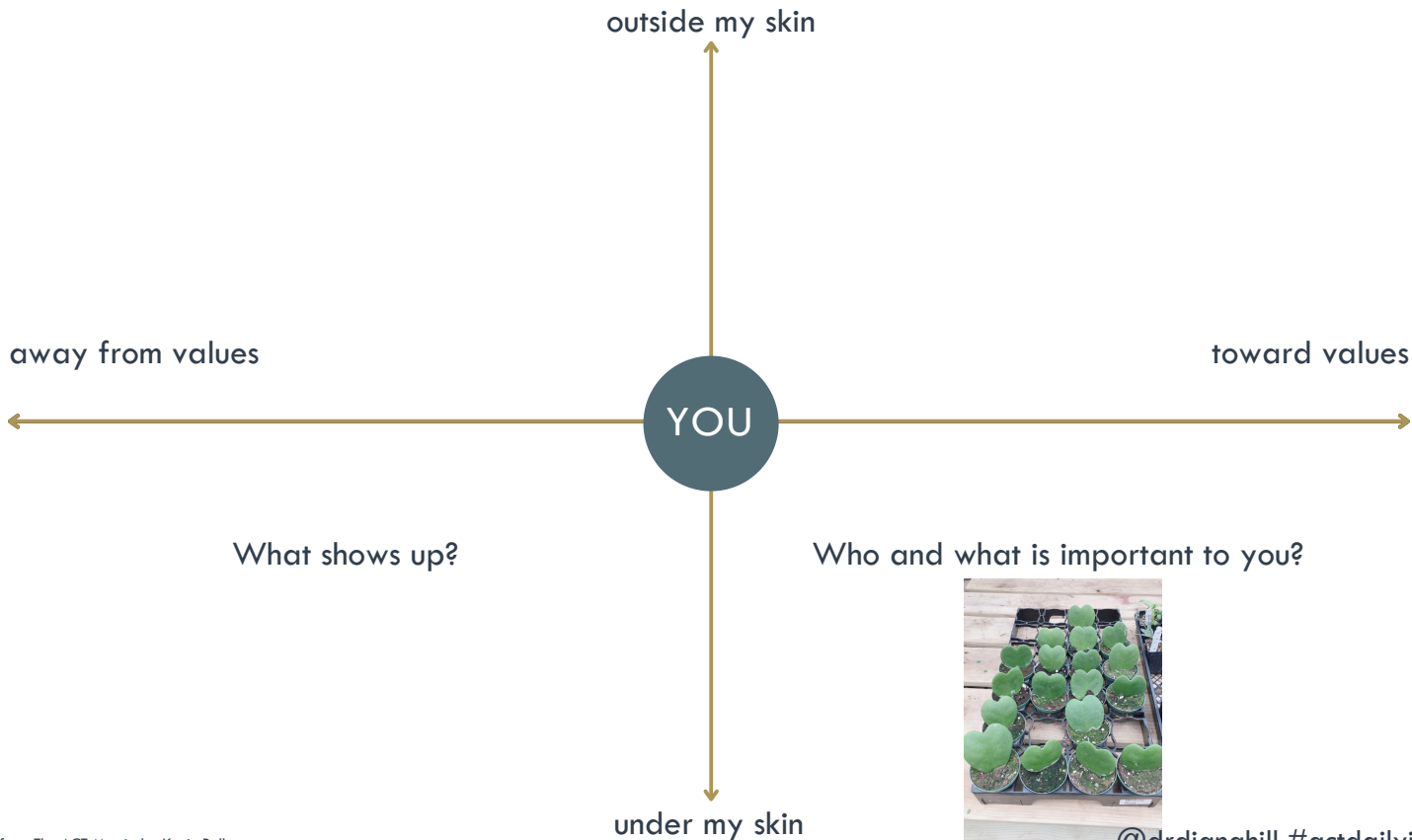
toward values

YOU





@drdianahill #actdailyjournal





“The Uses of Sorrow”

(In my sleep I dreamed this poem)

Someone I loved once gave me
a box full of darkness.

It took me years to understand
that this, too, was a gift.

-Mary Oliver



Write from the Heart

"Someone I loved once gave me a
box full of darkness"

What I really want you to know is...

Someone like me knows...



- ## Truthful Conversations
- 3 minutes each
 - longest hair starts
 - shortest hair keeps track of time



outside my skin

away from values

toward values

YOU

What shows up?
Prickly Stuff and Painful Stuff



Who and what is important to you?



under my skin

@drdianahill #actdailyjournal



Acceptance

DIFFICULT TEAMS

T: Thoughts

E: Emotions

A: Action Urges

M: Memories

S: Sensations

What shows up that is difficult to think about, feel, or remember?



Acceptance With the Body

MAKE SPACE AND GET CURIOUS

Make room for your full experience.

Where do you feel it in your body?

How is it moving?

How is it changing?

Gently contact.



Avoidance Roundabouts

"Acknowledge our aversions and
cravings...Become familiar with the
strategies and beliefs we use to fortify
our cocoon."

-Pema Chodron

Experiential Avoidance Strategies

NUMBING

Do you overeat, restrict food, drink, use substances, overexercise?

BRACING

Do you tense up, clench your jaw, tighten your belly, hold your breath?

DISTRACTING

Do you fantasize, try and not think, overuse technology, multi-task?

GIVING UP

Do you avoid signing up, isolate, sleep too much, say no, cancel, or hide?

RUSHING THROUGH

Do you overwork, stay constantly busy, strive for more, talk quickly, move quickly through life?

OVERTHINKING

Do you intellectualize, problem solve, ruminate, worry, or overanalyze?



outside my skin

How do you avoid?



away from values

YOU

toward values

Who and what is important to you?

Prickly Stuff and Painful Stuff



under my skin

@drdianahill #actdailyjournal

Experiential Avoidance



Prickly Stuff and Painful Stuff

YOU

How do you avoid?



Prickly Stuff

NAME YOUR ROUNDABOUT

ex. This is Diana caught in my roundabout of striving.

YOU





Acceptance

GIVE YOUR AVOIDANCE
ROUNABOUT A NAME

This is _____ caught in
my roundabout of _____.

How do you avoid



YOU

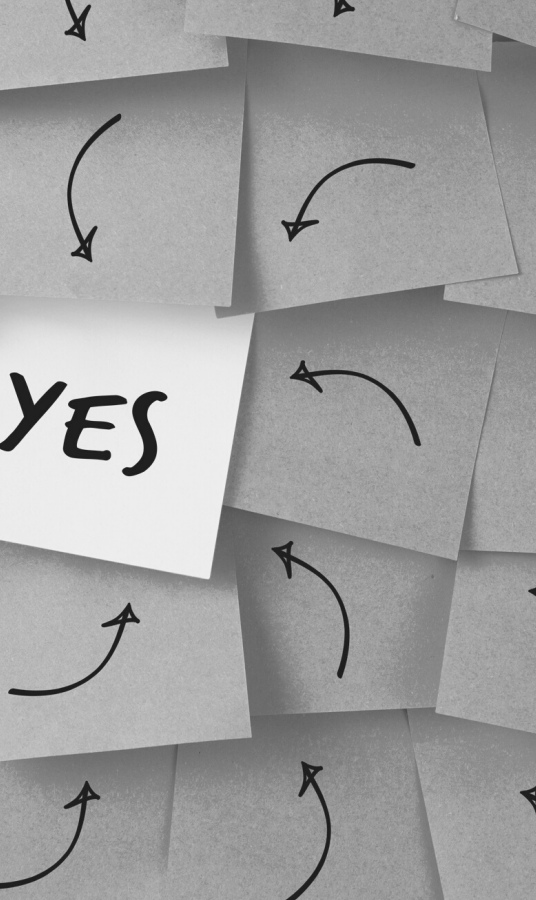
Prickly Stuff



Who and what is important to you?



@drdianahill #actdailyjournal



Acceptance

RADICALLY ACCEPT WITH YOUR MIND

Say "yes" to what is

How do you avoid



How do you want to act?



YOU

Prickly Stuff



Who and what is important to you



The New Beginning

"Then the delight, when your
courage kindled, And you stepped
onto new ground"

-John O'Donohue



Write from the Heart
"You can trust the promise of this
opening."

What I really want you to know is...

Someone like me knows...



How do you avoid



How do you want to act?



YOU

Prickly Stuff

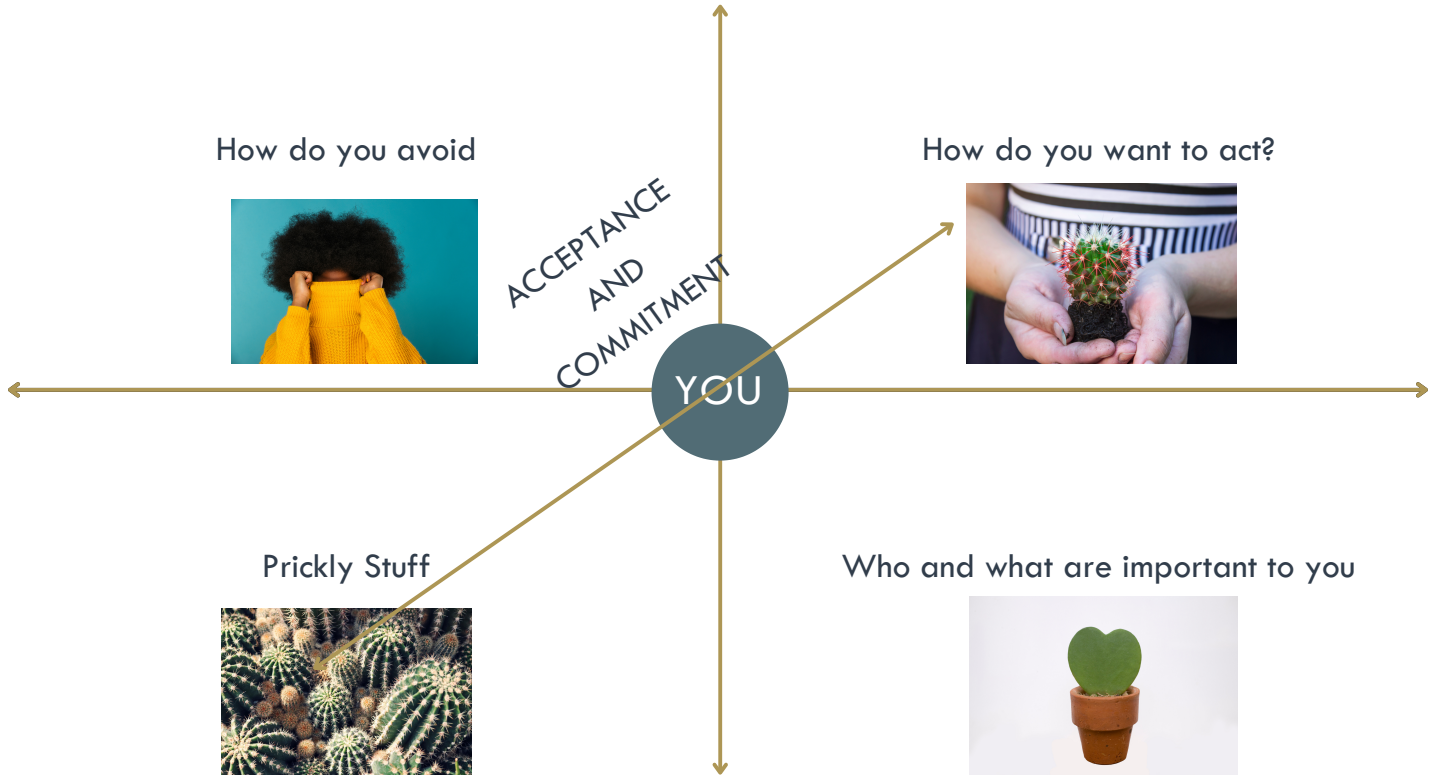


Who and what is important to you



- ## Truthful Conversations
- 3 minutes each
 - longest hair starts
 - shortest hair keeps track of time





How do you avoid



How do you want to act?



ACCEPTANCE
AND
COMMITMENT

YOU

Prickly Stuff



Who and what are important to you





Acceptance

ACCEPT WITH YOUR BEHAVIOR

Act on your values

For Suffering

May you be blessed in
the holy names of those
Who, without you
knowing it,
Help to carry and lighten
your pain.

-John O'Donohue



InsightLA ACT Series

Sundays, 3:30-5:00pm (pacific)

JUN 27: ACCEPTANCE

AUG 29: VALUES-RICH LIVING

SEP 26: PERSPECTIVE TAKING

OCT 31: COMMITTED ACTION

DEC 26: INTEGRATION



insightLA
meditation



Diana Hill PhD

Resources

ACT DAILY JOURNAL
- DIANA HILL & DEBBIE SORENSEN

WELCOMING THE UNWELCOME
- PEMA CHODRON

RADICAL ACCEPTANCE
- TARA BRACH

A LIBERATED MIND
- STEVEN HAYES



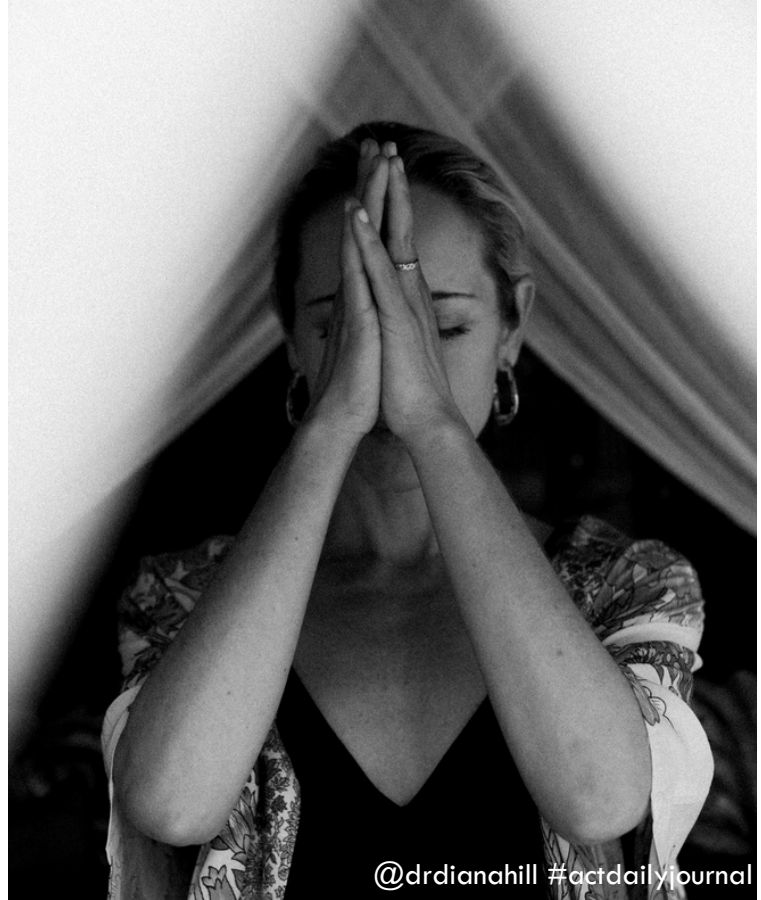
Let's Stay Connected



GET A 25% DISCOUNT
ACT DAILY JOURNAL (THROUGH
JUNE 30, 2021)

[WWW.ACTDAILYJOURNAL.INFO/
ACCEPTANCEINSIGHTLA](http://WWW.ACTDAILYJOURNAL.INFO/ACCEPTANCEINSIGHTLA)

JOIN MY ACT DAILY IG
[@DRDIANAHILL](https://www.instagram.com/dr_dianahill)



[@drdianahill](https://www.instagram.com/dr_dianahill) [#actdailyjournal](https://www.instagram.com/actdailyjournal)