

Images to accompany  
Acceptance and Commitment  
Training Programs

“I see myself.”

An example of fusion with a positive self-concept



It seems like your negative thoughts stand in the way, stoping you from going in your valued direction



But really, those negative thoughts are just along for the ride. They show up. They say turn right, turn right. But you can still choose to turn left.

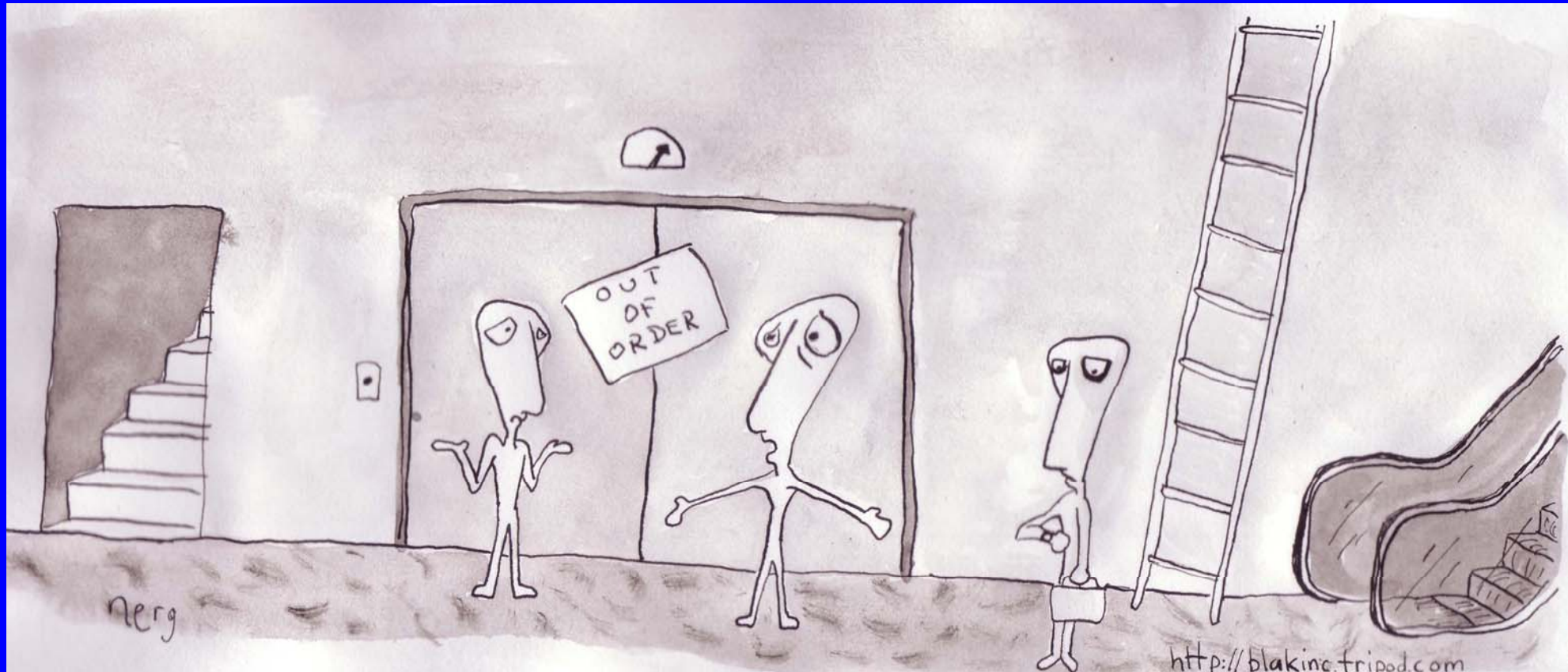


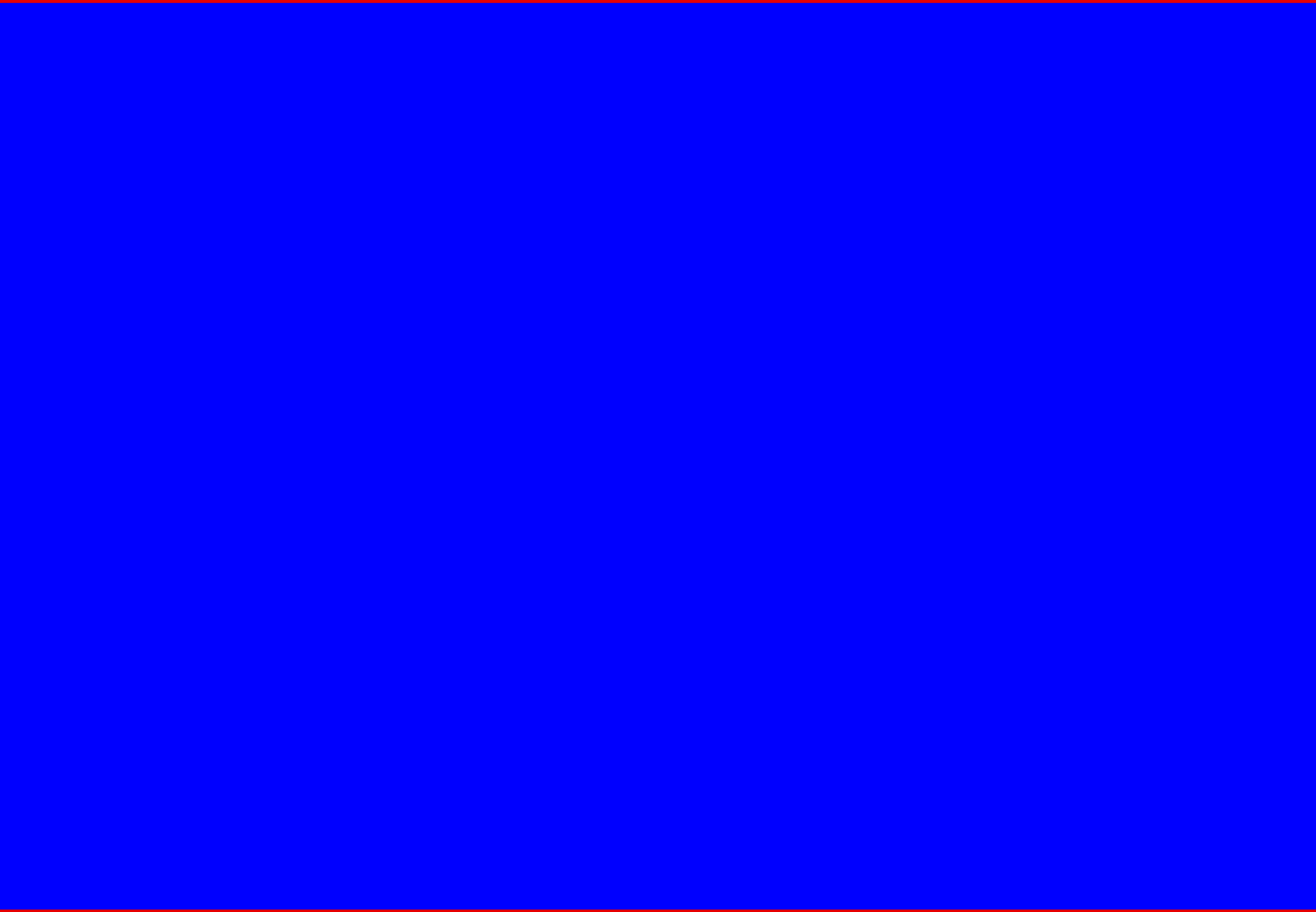
A value is like a lighthouse in the distance. It guides you through the storm



# “Now, what are we going to do?”

When we are not in the moment, we miss opportunities to discover what works





When we are distressed, we tend to narrow our focus and see fewer of the alternatives. Life is a banquet, but sometimes we only see a single bowl of cold porridge.

