

6 ACT* Conversations

*Acceptance & Commitment Training

Session 6: Committed Action

Barriers and Counter-Strategies Worksheet

Use this worksheet to help you plan for dealing with the obstacles and barriers you may encounter in trying to achieve your goals.

In the section below, “external barriers” are those things that happen ‘outside your skin’. So for example, if a member of your team fails to turn up to meetings and you need his or her input for making team decisions, that is an external barrier. Many of these barriers may be beyond your complete control, but often you can plan for them using your knowledge of your environment, the nature of tasks required to achieve your goal and other people’s behaviour.

The other kind of barrier is internal and involves your behaviours, thoughts and feelings. So for example, if you get angry when other team members interrupt you or laugh at your ideas and then decide not to talk, those behaviours (getting angry and refusing to talk) are targets for the methods you have learned in 6 ACT Conversations. Use the Feelings and Thoughts tables overleaf to plan for how you will deal with these events. If you find it difficult to think of strategies here, go back and listen to sessions 2 and 3 again or practise the mindfulness exercises in session 4.

Make as many copies of this sheet as you need to cover all the barriers you can foresee. But remember that ultimately the most difficult barriers you encounter will probably be the ones you could not have planned for. Therefore, make a habit of practising acceptance and inclusion with unexpected and unpredicted events in your life.

The goal I’m trying to achieve is: _____,
measured by: _____, by date: / / ,
or how often: _____ per _____
or when _____ (other event) happens.

My purpose in achieving this goal is
_____ and the important value(s)
underlying it is (are) _____

External barriers I might encounter are:

1. _____
2. _____
3. _____
4. _____

What I can do to overcome these barriers:

- a. _____
- b. _____

6 ACT* Conversations

*Acceptance & Commitment Training

Feelings that may show up when I pursue this goal or when I run into difficulties:

c. Feeling	d. How can I accept it?	e. How can I defuse it?	f. Other strategy?
e.g. Anxiety	See it as part of my goal, remember it will pass but my values won't	Keep breathing, observe sensations in my body	Remember why I'm doing this. Ask others for their support. Remember I've felt anxious before and things have worked out okay.

6 ACT* Conversations

*Acceptance & Commitment Training

Thoughts that may show up when I pursue this goal or when I experience setbacks and challenges.

Thought	How can I accept it?	How can I defuse it?	Other strategy?
E.g. "I'll never do this. Who am I kidding?"	Notice it. Observe it like a curious scientist.	Turn the words into dancing letters.	Remind myself of times I've overcome similar thoughts. Remember my actions will decide whether I'm up to it, not my thoughts.