

Choice Point: One Invitation

Acceptance and commitment therapy · Use: in session or home · Cockpit segment 4

How Rachael's sheet was filled in. One real invitation mapped: the hooks, the away moves and the towards moves.

The situation

- A friend invites me out for coffee

Hooks: thoughts and feelings

- 'What if it leaks, or smells?'
- 'I can't until I trust the stoma'
- Anxiety, fear of embarrassment

Away moves (when hooked)

- Stay home
- Say no to friends
- Check supplies again and again
- Only go where a bathroom is close
- Result: calmer now, but isolated and frustrated

Towards moves (unhooked)

- Coffee with one friend
- A walk with Rob
- Time with the grandchildren
- Back to choir

Values it serves

- Family, grandchildren, friends, independence

Skills that help me unhook

- Notice and name the hook
- Make room for the feeling
- Feet on the floor, back to now
- Willing to bring the anxiety along

Choice point concept: Harris, R. (2019). Redrawn; Mindspan house sheet ACT 03 is original text and layout.

If this topic brings something up for you, pause and look after yourself. In crisis or feeling unsafe, call **000**. 24/7 support: **Lifeline 13 11 14 · Beyond Blue 1300 22 4636**.