

Values Bull's-Eye

Acceptance and commitment therapy · Use: in session · Cockpit segment 5

How Rachael's sheet was filled in. Her values in her words, then where today sits against them. No blame.

Relationships

- Being there: Rob, the children, the grandchildren, friends
- Present, fun, the nanna who turns up
- Mark today: near the outside

Leisure

- Coffee with friends, choir, weekends away, family celebrations
- Mark today: near the outside

Barriers

- The 'not until I'm sure' story
- Fear of a leak or a smell

For the clinician

X = where I am today. No blame, just where things are.

Bull's-eye method after Lundgren, T., et al. (2012) and Harris, R. Mindspan house sheet ACT 05 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**.

Personal growth and health

- Independence: going where I want, on my terms
- Outdoors: walking group, evening walks with Rob

Work and education

- The school library: helping children find books they love (on leave now)

One values-based action

- Biggest gap is relationships, so the first small step goes here: coffee with a friend, Thursday