

## The focused action and commitment therapy process

FACT is focused on thoughts, emotions, associations, memories and sensations, or TEAMS. Uncomfortable TEAMS are associated with post traumatic stress, and Veterans may respond to them by avoidance of situations, suppression of 'unwelcome thoughts', distraction and escape (or avoidance). We have no ability to control the arrival of TEAMS and unpleasant symptoms that are associated with them, such as sleeplessness or anger so we must focus our energy on what we can control i.e. our immediate behaviour. The important thing is not to avoid painful situations e.g. friends, gatherings or activities: this shrinks the social and physical networks and can lead to loneliness.

In this study, if you are being treated and you consent to FACT, your therapist will talk you through the steps

<p><b>A: FACT assessment</b></p>	<p>1. Focussed questions. <b>These will ask about anything in your life, for example relationships, things at work, creativity, that you have been struggling with.</b></p> <p>2. Creative hopelessness. <b>This will be a conversation about the things that you have been doing to help with the TEAMS, have they been working?</b></p> <p>3. Work, love, play checklist, see below. <b>This is talking about the things that matter to you.</b></p>
<p><i>Find the pain</i></p>	<p>Find the pain and/or the core belief. <b>There might be some particular trigger for your TEAMS, or a belief that you have about yourself, for example that you have failed. You might be stuck with this thought, or thoughts.</b></p>
<p><b>B: Change relationship to distress</b></p>	<p>4. 'No delete button' discussion. <b>The brain works in a strange way, there isn't a button that will delete painful memories or beliefs about yourself- they can surface and intrude into your life through TEAMS.</b></p> <p>5. Present moment awareness and using the 'mindful anchor' <b>A mindful anchor is something that helps is feel 'grounded'. It could be an object that reminds you of what gives you meaning and purpose, or it could be simply controlling your breathing like you did in the AWQ! See examples below.</b></p>
<p><i>Find the pivot point</i></p>	<p>You might agree that your current effort to avoid pain in your life is not working, and you are willing to try something else. If so we will identify some positive acations that you could take.</p>
<p><b>C: Values and action(s)</b></p>	<p>6. Values. <b>This is where we think about values (see the values checklist), which lead to new actions.</b></p> <p>7. Likelihood of action (task list) <b>One or two things may stand out as being more important. This will be re-evaluated at the follow up visit.</b></p>

## **Mindful Anchors**

**Breathing Practice as Spiritual Anchor** The breath itself can be a spiritual anchor. In fact, the breath may be one of the simplest, most portable and powerful anchors of all. It is always there with you and nobody even has to know that you're using it. First, when you're going about your normal activities but not under stress, pause for a moment and take a nice, slow, deep breath. Feel the breath go in and really fill up your whole body. Then breathe all the way out, really emptying out your lungs. Breathe out as long as you can. After you do, notice how you feel. Then, try this when you are feeling more stressed out, angry, or worried. Again, notice how you feel afterward.

### **A Sacred Object as Spiritual Anchor**

Try this—Choose an object that reminds you of what gives you meaning and purpose. It should remind you of health and well-being for you in some way. Some possibilities are: • A piece of artwork or sacred symbol • A copy of a poem • A special piece of jewelry • A photograph or something written by a loved one • A stone or another natural object from a favorite place • A coin or commemorative object

Looking back over the last week including today can you rate how well you are doing in the following areas of your life.

## work - love - play Checklist

**Please circle the number that applies to you.**

### 1. Work - occupation - school

1 low	2	3	4	5	6	7	8	9	10 high
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### 2a. Love - friends

1 low	2	3	4	5	6	7	8	9	10 high
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### 2b. Love - intimates

1 low	2	3	4	5	6	7	8	9	10 high	N/A
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### 2c. Love - family

1 low	2	3	4	5	6	7	8	9	10 high
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### 3. Play - recreation - hobbies - interests - sports

1 low	2	3	4	5	6	7	8	9	10 high
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### **Other things to talk about may include:**

Exercise | Smoke | Recreational drugs | Alcohol | Gambling  
Sleep | Spending extra time in bed when not asleep | Evening screen/device time  
Violence | Citizenship/community | Spiritual | Values | (trauma)

*scan as "work love play"*

Rate the importance of each point on the list and think about how on-track you are with each one.

**Please circle the number that applies to you.**

values  
Checklist

	Importance	On track
	 low high	 off track track
1. Being a good friend	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
2. Being a good partner	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
3. Being a good sibling	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
4. Good son/daughter	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
5. Good family member	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
6. Good parent <i>(if relevant)</i>	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
7. Good to myself – play and relax	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
8. Being active in hobbies	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
9. Being active in sport	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
10. Being productive	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
11. Being creative	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
12. Developing myself	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
13. Being a good employee	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
14. Being a good citizen	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
15. Being good student	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
16. Good to the earth	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
17. Good to mankind	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
18. Being spiritual <i>(whatever that can mean)</i>	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5

Modified from "Stuff that Sucks: Accepting What You Can't Change and Committing to What You Can" A book by Ben Sedley, clinical psychologist and ACT therapist.