

Actions that are ineffective
or costly in the long run
(take you away from the
way you want to be
acting):

AWAY

DOTS:

- distraction
- opting out (avoidance)
- thinking (eg. ruminating)
- substances and other strategies

taking thoughts
seriously, obeying them

Struggling with
Unpleasant feelings

Rich, fulfilling, meaningful life

TOWARDS

actions that move you towards the life you
want to live, the kind of person you want to be,
how you want to behave (embodying your
values)

Helpers

Connecting with
Values (what is important to
you)

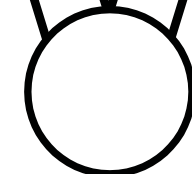
Unhooking from thoughts

Allowing unpleasant feelings to
come along for the ride
(willingness)

Focusing on present moment
experiences, with openness
and curiosity

HOOKEED

UNHOOKED



Situation(s)
Thoughts & Feelings