



## Towards Moves

Doing things that take us towards our goals and values (towards the person we want to be)

### Helpers

Who do you care about?  
What matters to you?  
What activities and areas of life are important?  
Values, Goals, Strengths, Skills.

“Unhooked” My thoughts and feelings no longer dominate me or jerk me around. They lose their impact and influence over me. This makes it much easier for me to choose how I behave.

**Strengths**

**Values**  
(what is important to me)

**Behavioural goals**  
Consider what will be different/what you will be able to do when not feeling depressed, anxious, overwhelmed.  
How will we know that you have achieved your goal?

## Choice Point

Multiple choice points through the day  
Start to notice when you make a choice

**HOOKED by unhelpful thoughts & feelings**

**UNHOOKED**

## Away Moves

Doing things that take us away from our goals and values (from the person we want to be)

We all do “away” moves and all get “hooked” by unhelpful thoughts and feelings at times. Noticing and challenging them can help us not be dominated by them.

What is your mind telling you – what is the evidence – is it true or just an unhelpful thought. Beware of **Automatic Negative Thoughts**

“Hooked” means my thoughts & feelings dominate me; they hook me and reel me in; jerk me around like a puppet on a string, push and pull me into ineffective types of behaviour

### SMART Goal for the week

- Specific
- Measurable
- Achievable
- Relevant
- Time bound

**We are at peace within ourselves when our actions align with our values**