Noticing

Kindness

Curiosity

Sensations – Tense neck and shoulders

Thoughts – "I'm too tired", "there is too much to do, not enough time". "It's impossible to do it all", "I wish we could get more help"

Urges – Procrastinate, zone out on social media Feelings - tired, frustrated, overwhelmed

4] What might people see me doing when I am hooked by the thoughts and feelings in [3]? (And, how workable are these strategies in the short and long term?)

- Snap and yell at my kids and husband. Grump and withdraw
- Zone out on social media
- Procrastinate instead of doing bookwork internet black hole

[1] Who and What matters most to me about? (Consider values, needs and overarching purposes)?

What really matters to me about how I respond to How do I want to be as a person?

- My kids and my husband
- Being active and engaged in the farm
- Being supportive
- Creating a sustainable farm for our children
- Having fun together

[2] If I was really living in line with what matters in [1] what would I be doing?

- Being productive with farm bookwork when I have time
- Taking time out at the end of the day to chat with my husband about how we/the farm is going
- Turning jobs (home+farm) into play with kids
- Being aware of current market situations

External World

What people could see me doing if they were with me

[5] What strategies might help ME to hold the left hand side of this map with awareness and self-compassion while still acting in the direction of what matters?

- Get present focus on here and now
- Look after me -
- Rupture and repair we can always start again

AWAY

Adapted from The ACT Matrix - Kevin Polk & Benji Schoendorff, and Prosocial. World



[3] What thoughts and feelings might show up to get in the way of me moving toward [1] and [2]?

[1] Who and What matters most to me about? (Consider values, needs and overarching purposes)? What really matters to me about how I respond to How do I want to be as a person?

4] What might people see me doing when I am hooked by the thoughts and feelings in [3]? (And, how workable are these strategies in the short and long term?)

Noticing
with
Kindness
and
Curiosity

[2] If I was really living in line with what matters in [1] what would I be doing?

CWAZ



External World

What people could see me doing if they were with me

[5] What strategies might help ME to hold the left hand side of this map with awareness and self-compassion while still acting in the direction of what matters?