

# NEUROACT®

## Exercise Booklet

NEURO  
ACT 



# My stressful situations

Below are situations that can be perceived as stressful. Circle the ones that *you* experience as stressful.

- Making mistakes
- That everything is not perfect
- Not knowing what to do
- Not being allowed to finish what I'm doing

- To meet new people
- To lose
- To be among many people
- Someone tells me that I *have* to do something

- To speak in a group with people
- To receive criticism
- To wait for something
- To ask for help
- To have critical thoughts about myself

- To have my things in disorder
- Disturbing sounds or lights
- People talking
- How certain things smell
- To have something change that I am not prepared for

Other:.....  
.....  
.....  
.....



# My avoidance

Below are common avoidance behaviors that one can do when stressed. Circle those that *you* usually do.

- Avoid going out among people
- Avoid meeting someone's gaze
- Try to think about something else
- Become quiet
- Talk more

- Lock myself in the bathroom
- Decide not to call a friend
- Avoid going to the store to shop
- Not participating in the coffee break at work or a break in school

- Do not open letters
- Do not answer the phone
- Avoid asking for help
- Avoid taking the bus or subway
- Try to do things perfectly

- Try to forget things
- Distract myself from feelings
- Try to think about something else
- Try not to feel so much
- Tell myself that I should be able to calm down

Other:.....  
.....  
.....  
.....



# Everything is perfect

The sentence 'Everything is perfect as it is' should be written as many times as you want using the left hand (or right hand if you're left-handed) for 3 minutes.

Pay attention if you get *evaluative* thoughts in the meantime.

A large, empty white rounded rectangle with rounded corners, intended for handwriting practice.



# My thoughts

Below, you write down the thoughts that you have for 3 minutes.





# What is important

Below are things that can be important to people. Circle the things that are important to *you*. You can also write other things that are important to you where it says **Other**.

- Be responsible
- Be honest
- Be independent
- Have contact with others
- That others appreciate what I do
- That my work or school work is meaningful
- Have success in what I do
- Have fun
- Be in good physical shape
- Hav a good mental health
- Hav loving relationship
- Be kind
- Develop as a person
- Be adventurous
- Be skillful
- Be creative
- Have knowledge
- Help others
- Be brave
- Be curious
- Be open to new things
- Have faith in the future
- Be a trustworthy person
- That others appreciate me as a person
- Be kind to myself
- Be a good friend
- Things being fair
- To be safe
- Respect myself
- Respect others
- That my home is beautiful
- That things are as they usually are
- Have a faith
- Believe in what I do
- Persist even when it is tough
- Have challenges in life

**Other:**.....  
.....  
.....  
.....



# The Dart Board

There are **4 important life areas**. **(1)** Write down **what's important to you** within each life area. Use the worksheet *What is important* as a help. **(2)** Place a **checkmark (X)** within each life area that corresponds to how you feel your life is right now.

**HEALTH**

**WORK/ACTIVITY**

**RELATIONSHIPS**

**LEISURE**

My life is just as I want it to be

My life is far from how I want it to be



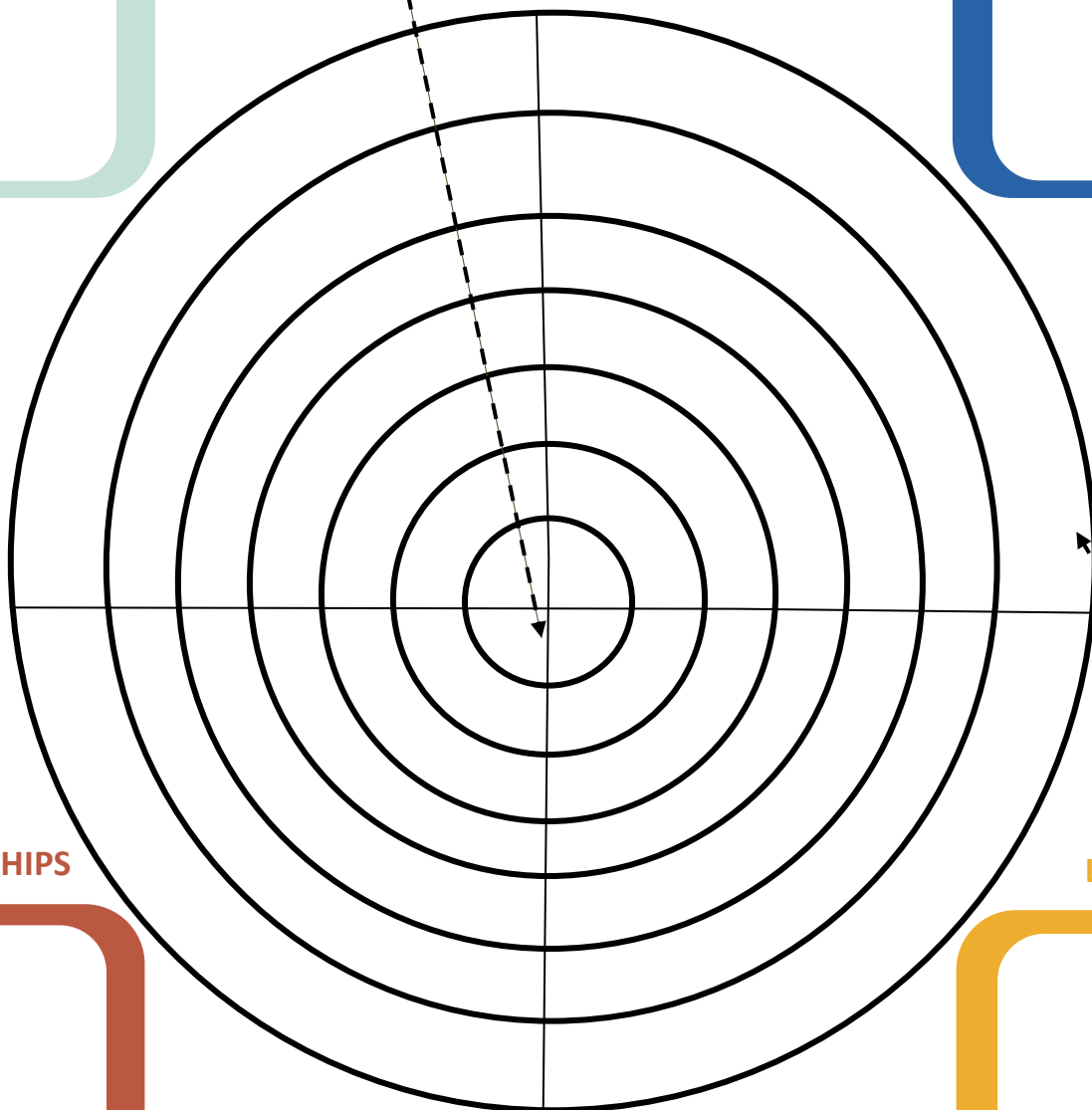
# What I will do

There are **4 important life areas**. **(1)** Write down **what you want to do** within each life area. Use the worksheet The Dart Board as a help. **(2)** Place a **checkmark (X)** **within each life area** that corresponds to how satisfied you are with what you do.

HEALTH

I am very satisfied  
with what I do

WORK/ACTIVITY



I am not at all  
satisfied with  
what I do

RELATIONSHIPS

LEISURE





# To handle emotions

Below are different emotions. Circle the emotions you *want to feel* with **1 ring**.  
Circle the emotions you *prefer to avoid* with **2 rings**.

Interest	Excitement	Attraction
Joy	Satisfaction	Pleasure
Astonishment	Surprise	Wonder
Fear	Terror	Anxiety
Grief	Sadness	Dispair
Anger	Rage	Irritation
Shame	Humiliation	Embarrassment
Disguste	Distaste	Aversion



# Emotion school

## What are emotions and why do we have emotions?

Emotions are **natural reactions** in the body that affect how we think and what we do. Emotions help us become **motivated** to do something. For example, approaching something (interest) or defend ourselves from danger (anger). We experience some emotions as **pleasant**, other as **unpleasant** or **neutral**. Each emotion motivates us in its **unique way** (why we have the emotion).

Below you can read about our most common emotions.

	Emotion	Why we have the emotion
<b>Pleasant</b>	<b>Interest</b> Excitement Attraction	Get a pleasant feeling Seek information
	<b>Joy</b> Satisfaction Pleasure	Increase wellbeing Relax
<b>Neutral</b>	<b>Astonishment</b> Surprise Wonder	Try something new
<b>Unpleasant</b>	<b>Fear</b> Terror Anxiety	Seek protection Handle dangers
	<b>Grief</b> Sadness Dispair	Reflect Handle loss
	<b>Anger</b> Rage Irritation	Defend oneself Remove obstacles
	<b>Shame</b> Humiliation Embarassment	Follow rules
	<b>Disguste</b> Distaste Aversion	Protect oneself from ingesting something dangerous



# My recovery activities

What is restorative differs for each person. Some examples could be listening to music, exercising, playing a game, lying on the couch, or reading a book.

Write down what is restorative for *you*.

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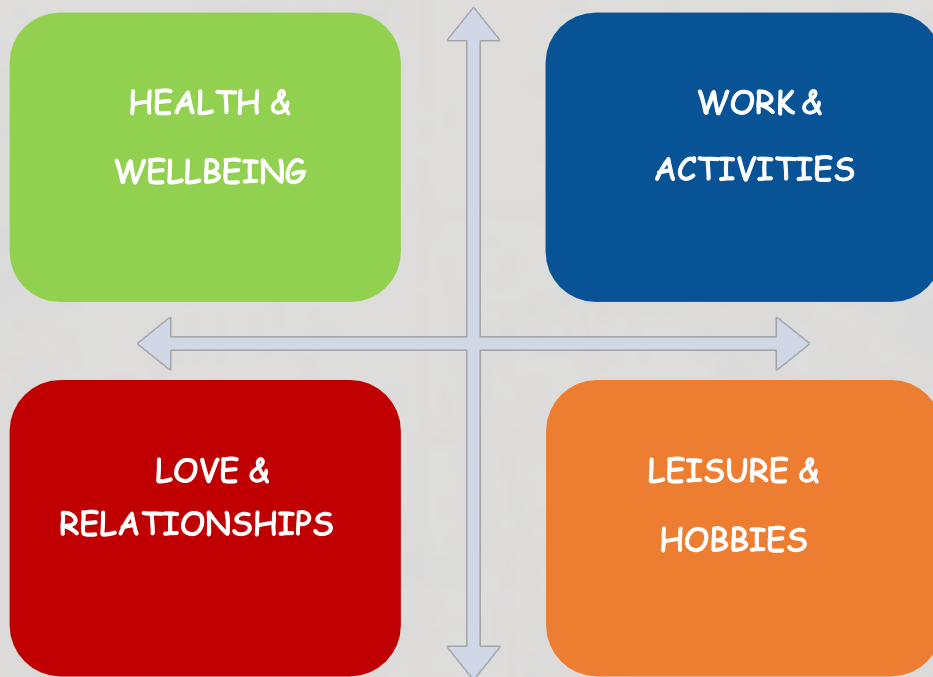
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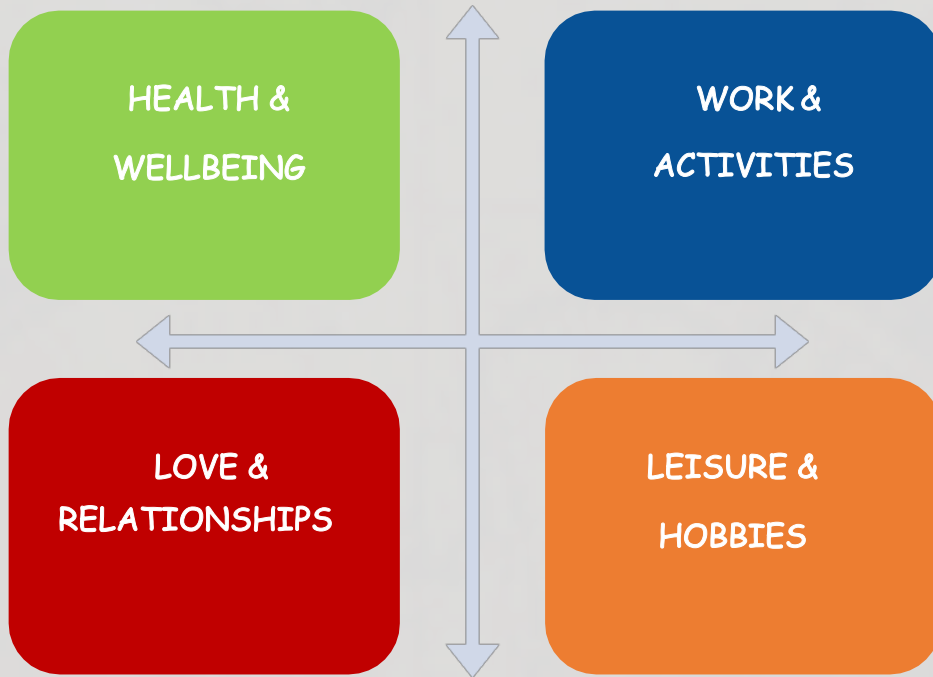
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# Life Map



# Life Map

WHAT'S IMPORTANT?	WHAT WILL I DO?	WHAT'S IMPORTANT?	WHAT WILL I DO?
WHAT PREVENTS ME?	HOW HANDLE OBSTACLES?	WHAT PREVENTS ME?	HOW HANDLE OBSTACLES?



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