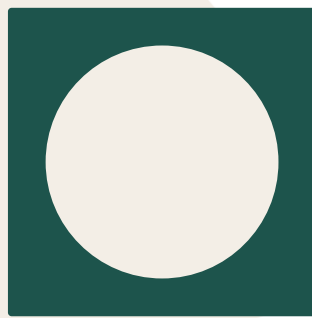




NEURO ACT



Exercise Booklet



My stressful situations

Below are situations that can be perceived as stressful.

(1) Circle the ones that **you** experience as stressful.

(2) If you have **other** stressful situations, write those under **Other**.

- Not finishing what I'm doing
- Making mistakes
- That everything is not perfect
- Not knowing what to do
- Not being able to do as I usually do

- Meeting new people
- To lose
- Being among many people
- That I *have* to do something
- Being interrupted in what I'm doing

- Having critical thoughts about myself
- Speaking in a group with people
- Receiving criticism
- Waiting for something
- Asking for help

- Having my things in disorder
- Changes that I'm not prepared for
- Disturbing sounds or lights
- People talking
- Smells or tight-fitting clothes

Other



My avoidance

Below are common avoidance behaviors that one can do when stressed.

(1) Circle those that **you** usually do.

(2) If you have **other** avoidance behaviors, write those under **Other**.

- 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
- Not going to social events

- 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 not worry

Other



Everything is perfect

Write the sentence '**Everything is perfect as it is**' as many times as you want in the box below for 3 minutes.

- (1) Use the **left** hand (or right hand if you're left-handed).
- (2) Pay attention if you get **evaluative** thoughts in the meantime.

A large, empty white rounded rectangular box intended for handwriting practice.



My thoughts

In the head below, write down the **thoughts** that appear for 3 minutes.

(1) If your thoughts don't fit, write **outside** the head.

(2) Pay attention if you get **evaluative** or **comparative** thoughts.





What is important

Below are things that can be **important** to people.

(1) Circle the things that are important to **you**.

(2) If you have other important things, write those under **Other**.

- Be responsible
- Be honest
- Be independent
- Have contact with others
- Be reliable

- What I do is meaningful
- Have things the way they usually are
- Have fun
- Be in a good physical shape
- Have a good mental health

- Have loving relationships
- Be kind
- Develop as a person
- Be adventurous
- Be creative

- Be brave
- Have knowledge
- Respect myself
- Respect others
- Have a nice home

Other



The Dart Board

There are four important **life areas**.

(1) Write down what is important to **you** within each life area. Use the worksheet What is important as a help.

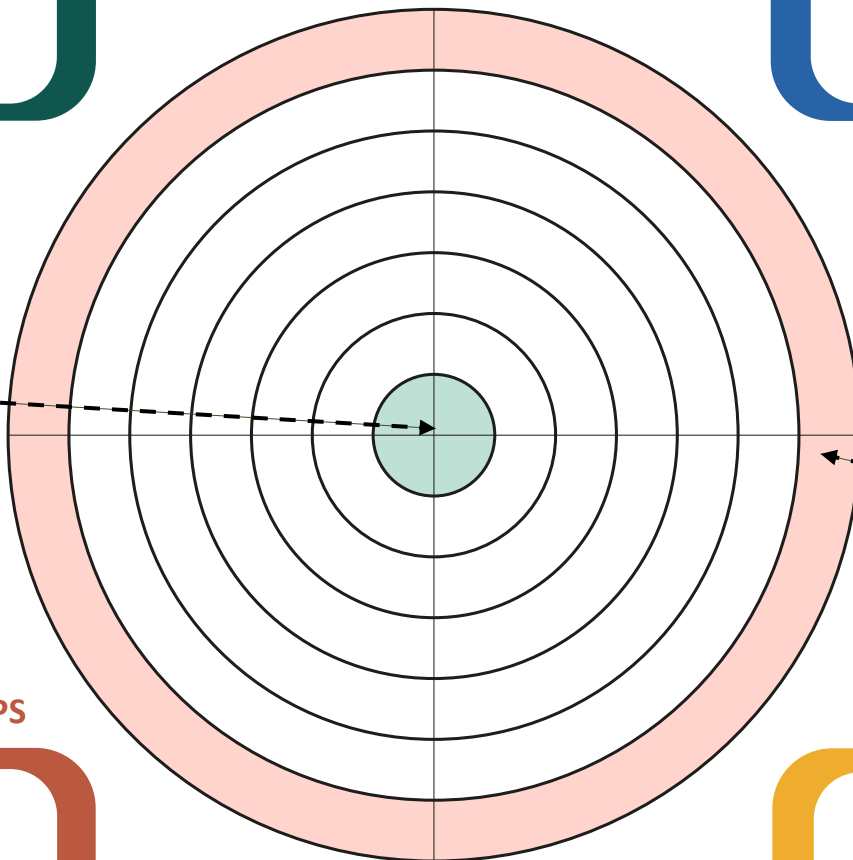
(2) Place a **checkmark** (X) within each life area that corresponds to your satisfaction.

HEALTH

WORK/ACTIVITY

COMPLETELY
SATISFIED

NOT AT ALL
SATISFIED



RELATIONSHIPS

LEISURE



Important behaviors

Below are behaviors that can be important to **do** for people.

(1) Circle the behaviors that are important to **you**.

(2) If you have other behaviors, write those under **Other**.

- Be on time
- Keep my promises
- Reply to text messages
- Call a friend
- Keep my things organized

- Exercise regularly
- Do things in a certain order
- Listen to music
- Take the bus
- Finish what I'm doing

- Do things carefully
- Read about my favorite subject
- Touch certain material
- Paint
- Prepare myself

- Shower
- Talk about what interests me
- Play an instrument
- Travel
- Clean the house

Other



What I will do

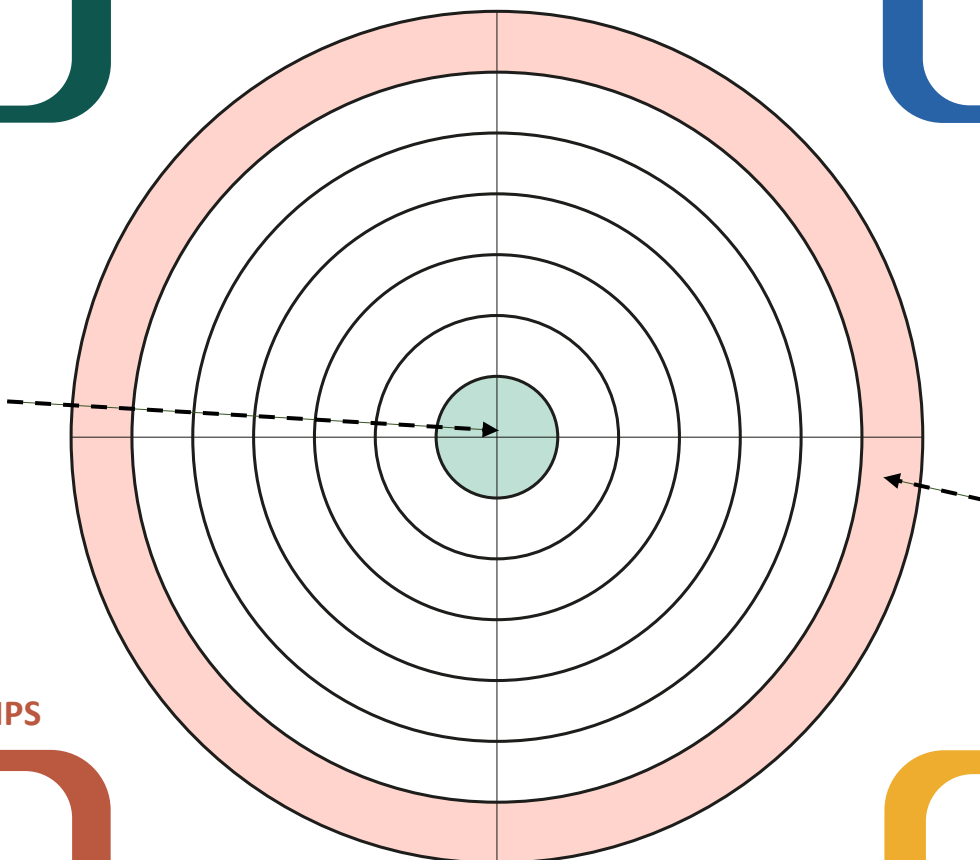
There are four important **life areas**.

- (1) Write down what you want to **do** that is important to you within each life area. Use the worksheet Important behaviors as a help.
- (2) Place a **checkmark** (X) within each life area that corresponds to how much you do.

HEALTH

WORK/ACTIVITY

VERY MUCH



NOT AT ALL

RELATIONSHIPS

LEISURE



Handle emotions

Below are different **emotions**.

(1) Circle the emotions you **want to feel** with **one ring**.

(2) Circle the emotions you **prefer to avoid** with **two 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? Why do we have emotions?

Emotions are **natural reactions** in the body. They 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 emotions as **pleasant**, **unpleasant** or **neutral**. Each emotion motivates us in its **unique way**.

Below you can read about our most **common** emotions.

	Emotion Reaction in the body	The task of the emotion Why the emotion exists
Pleasant 	Interest Excitement Attraction	Seek information
	Joy Satisfaction Pleasure	Relax and recover
Neutral 	Astonishment Surprise Wonder	Try something new
Unpleasant 	Fear Terror Anxiety	Seek protection
	Grief Sadness Dispair	Seek comfort
	Anger Rage Irritation	Defend oneself, remove obstacles
	Shame Humiliation Embarassment	Follow social rules
	Disguste Distaste Aversion	Protect oneself from dangerous food



Handle the body

Below are different **body reactions**.

- (1) Circle the body reactions you **want to feel** with **one ring**.
- (2) Circle the body reactions you **prefer to avoid** with **two rings**.

Heart beats fast	Dizzy	Dry mouth
Thirsty	Headache	Tingling in the stomach
Pressure on the chest	Muscle tension	Itchy
Full in the stomach	Warm skin	Sweating
Tightness in the stomach	Pulsating in the temples	Pressure on the feet
Tired	Wound up	Energetic
Nervous	Cold skin	Relaxed
The heart beats slowly	Nauseous	Dizziness



My self-care

What is **self-caring** differs for each person.

Some **examples** are listening to music, exercising, playing a game, lying on the couch, or reading a book.

Write down what is self-caring for **you**.



Life Map

To help yourself, you can ask yourself **four questions**.

You ask the questions within each **life area**:

Health, **Work/activity**, **Relations** and **Leisure**.

Health		Work/activity	
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?

Relations		Leisure	
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?

What's important?

Life values and motivation

What will I do?

Goal behaviors

What prevents me?

Thoughts, emotions, bodily reactions, lack of skills, poorly adapted environment, insufficient aids or resources, etc.

How handle obstacles?

Focus training, perspective, acceptance, life values, goal behaviors, adapt the environment, use aids and resources, ask for help, social support, etc.



Question 1

What's important?



Write what's **important** to you within the four life areas. Use the questions below as a help.

- What do I find **important**?
- What have I done in the **past** that has been important?
- What do I **like**?

Health

Work/
activity

Relations

Leisure



Question 2

What will I do?



Write what you want to **do** within the four life areas. Use the questions below as a help.

- What do I want to **do** that is important to me?
- What have done in the **past** that has been important?
- What do **like** to do?

Health

Work/
activity

Relations

Leisure



Question 3

What prevents me?



Write what **stops** you from doing what you want within the four life areas. Use the questions below as a help.

- What **avoidance behaviors** do I have?
- Hindering **thoughts, emotions** or **bodily reactions**?
- Poorly adapted **environment**?
- Uninsufficient **aids**?

Health

Work/
activity

Relations

Leisure



Question 4

How handle obstacles?



Write how you can **handle** the obstacles within the four life areas. Use the questions below as a help.

- Which **strategies** can I use? Examples: focus training, perspective, acceptance, life values and goal behaviors
- **Other** strategies? Examples: Ask for help, use the smart phone
- How can I adapt the **environment**?
- Which **aids** can I use?

Health

Work/
activity

Relations

Leisure



Life Map (short)

Health

What's important?

What will I do?

What prevents me?

How handle obstacles?

Work/activity

What's important?

What will I do?

What prevents me?

How handle obstacles?

Relations

What's important?

What will I do?

What prevents me?

How handle obstacles?

Leisure

What's important?

What will I do?

What prevents me?

How handle obstacles?