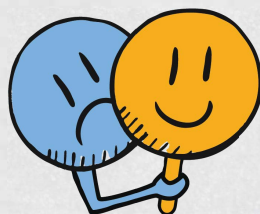


The Happiness Trap

The Complete Visual Summaries of the Happiness Trap Online Course



www.TheHappinessTrap.com

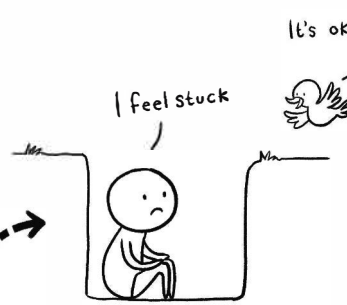
with Dr. Russ Harris

8-WEEK ONLINE PROGRAM

THE HAPPINESS TRAP WEEK 1 PART A



WELCOME TO THE HAPPINESS TRAP ONLINE PROGRAM.
OVER THE NEXT 8 WEEKS YOU'LL LEARN THE SKILLS
AND STRATEGIES YOU NEED TO BUILD A RICH AND MEANINGFUL LIFE



LIFE CAN BE TOUGH AND CHALLENGING
ALL HUMANS HURT SOMETIMES



THE HUMAN MIND EVOLVED A LONG TIME AGO
WHEN LIFE WAS MUCH MORE DANGEROUS



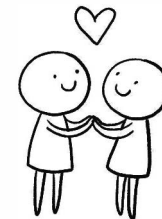
YOUR MIND IS LIKE AN ALARM
THAT KEEPS YOU SAFE



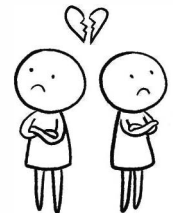
BUT IN OUR PRESENT DAY ITS WARNINGS
ARE NOT ALWAYS HELPFUL



BUT IT'S NOT DEFECTIVE OR TRYING TO HURT YOU
IT'S JUST DOING ITS JOB IT EVOLVED TO DO



THE MORE YOU CARE



THE MORE YOU HURT

IT'S ALSO A CRUEL PARADOX OF LIFE
THAT WITH CARING COMES PAIN

But don't
stop caring!



I don't want
you...
go away!



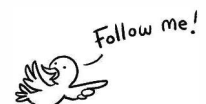
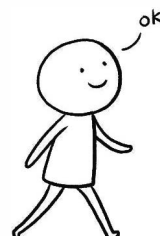
AND THE HARDER WE TRY TO PUSH AWAY HOW WE FEEL
THE WORSE IT GETS...
THE REBOUND EFFECT !



OFTEN THE THINGS WE DO TO AVOID PAIN
IN THE SHORT TERM
MAKE LIFE WORSE IN THE LONG TERM



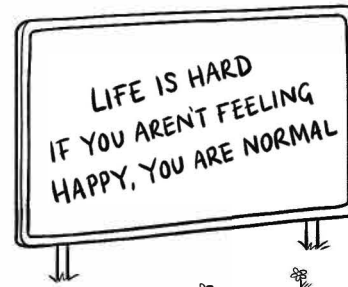
BUT THERE IS
A DIFFERENT WAY TO DEAL
WITH DIFFICULT THOUGHTS
AND FEELINGS



THE HAPPINESS TRAP WEEK 1 PART B



IT IS NORMAL TO HAVE AN EVER CHANGING FLOW OF ALL EMOTIONS
EMOTIONS ARE JUST LIKE THE WEATHER, THEY CONTINUOUSLY CHANGE

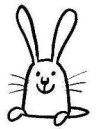


What a relief!
I'm normal!

Watch out for your mind
reason giving



Happiness isn't 'feeling good'.
Happiness is living a rich
and meaningful life



What matters
to me?
What do I want
to stand for?



Check this
out!

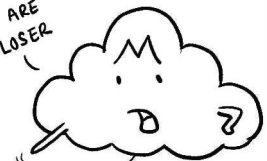


ACTING INEFFECTIVELY,
DOING THINGS THAT KEEP YOU STUCK
OR MAKE LIFE WORSE

ACTING EFFECTIVELY,
BEHAVING LIKE THE PERSON YOU WANT TO BE

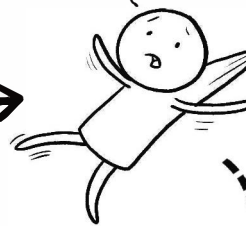
WHAT MATTERS TO YOU
DEEP IN YOUR HEART?

YOU ARE
A LOSER



OFTEN OUR MINDS CAN HOOK US
WITH UNHELPFUL THOUGHTS

I AM
LOSER!



But it's ok
these will help you!



Anchoring

Audios

Support



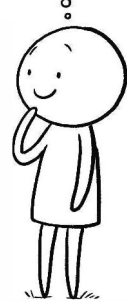
unhooking
toolkit



Print outs



Looks
Interesting!



OK!



Then follow me
to week 2!

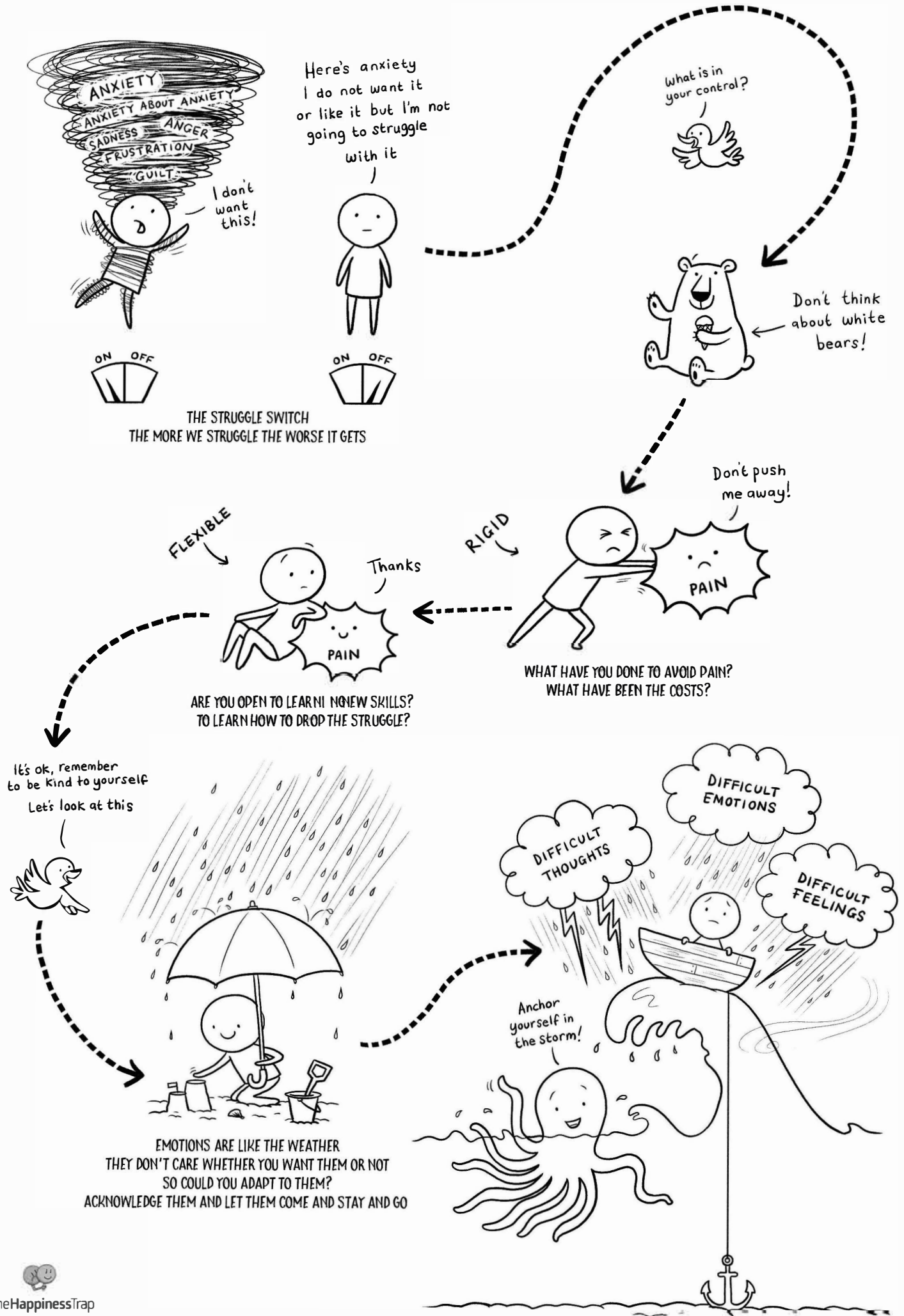


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THE HAPPINESS TRAP WEEK 2 PART A

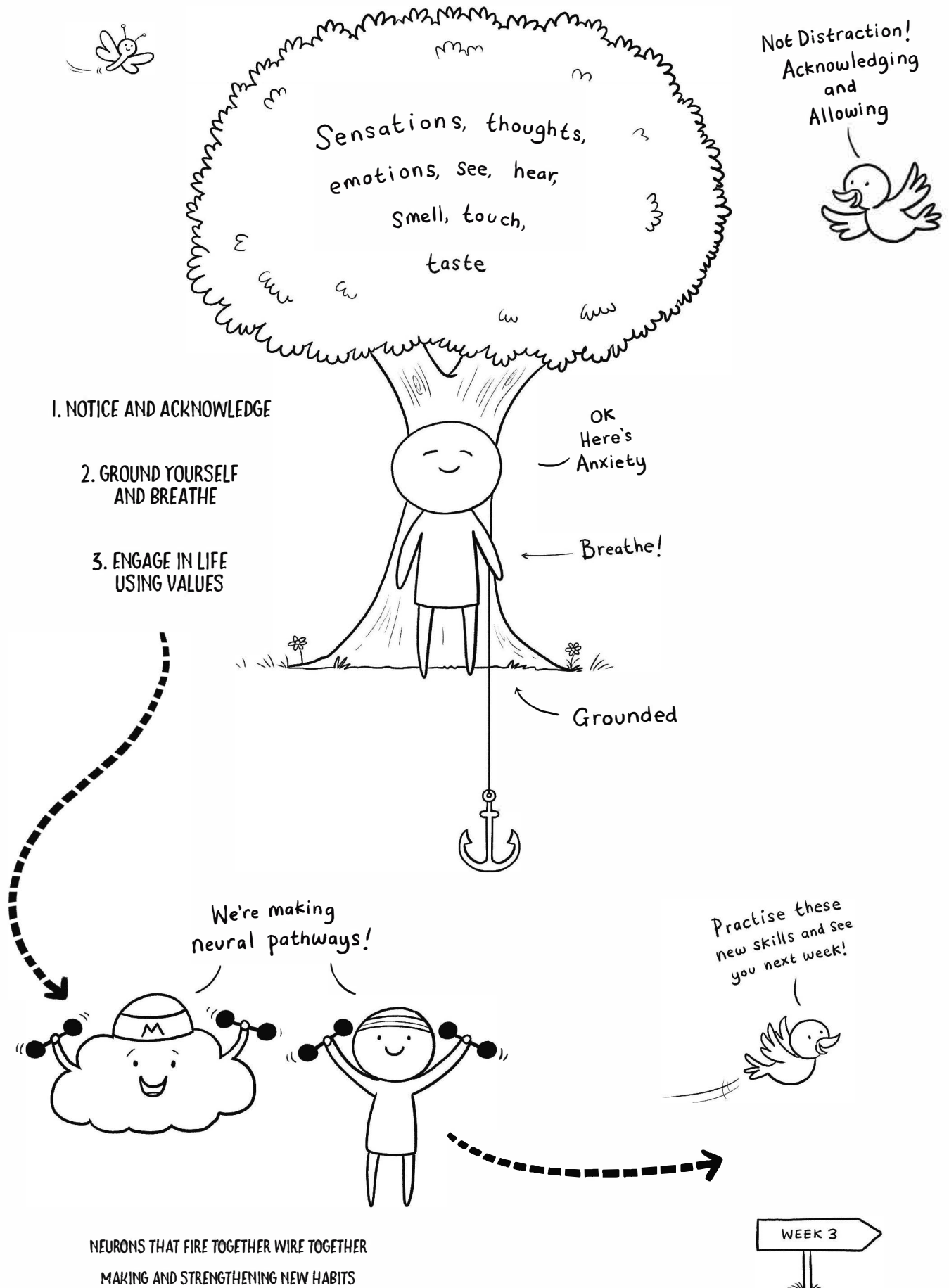


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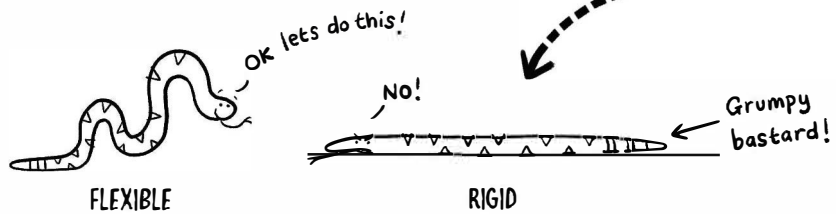
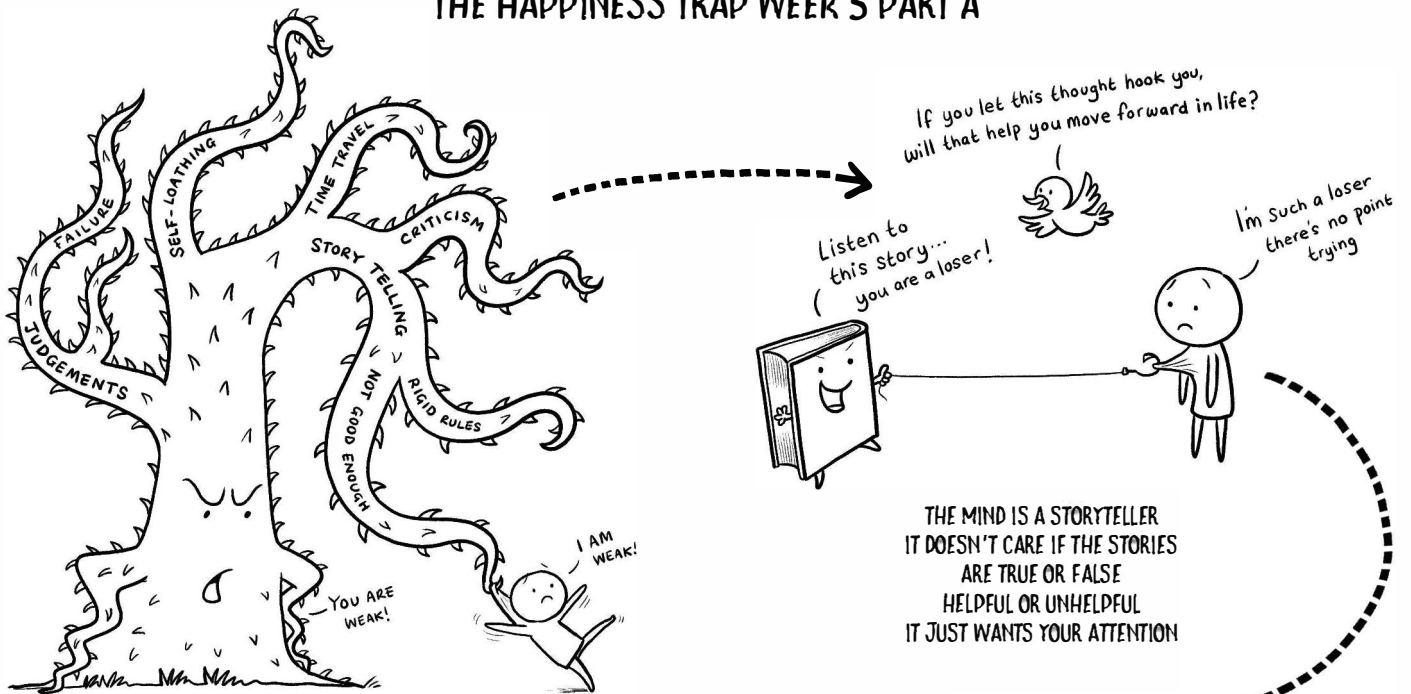
THE HAPPINESS TRAP WEEK 2 PART B



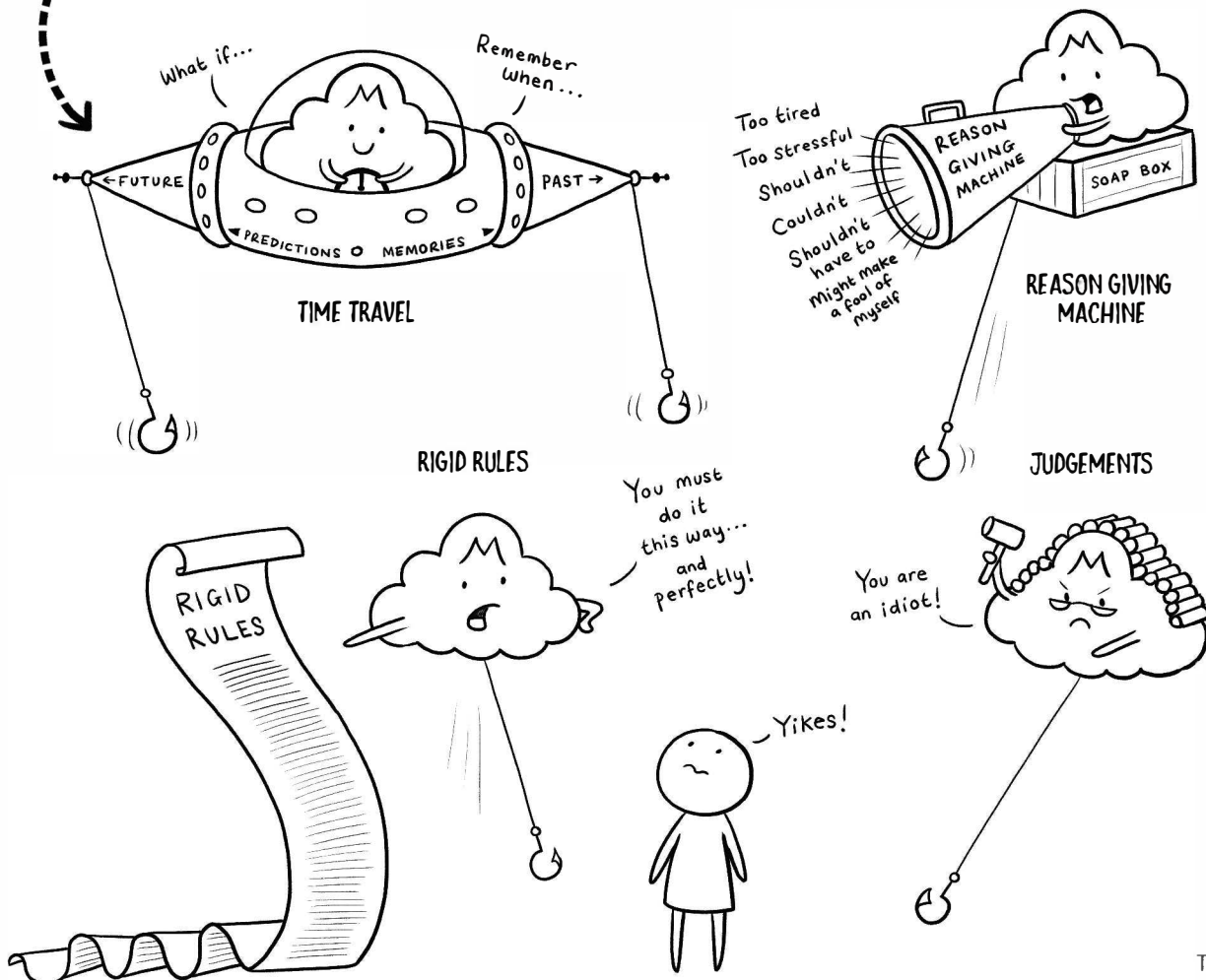
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THE HAPPINESS TRAP WEEK 3 PART A



PRACTICE RECOGNISING WHEN YOUR MIND IS HOOKING YOU AND NOTICE WHAT IT IS HOOKING YOU WITH

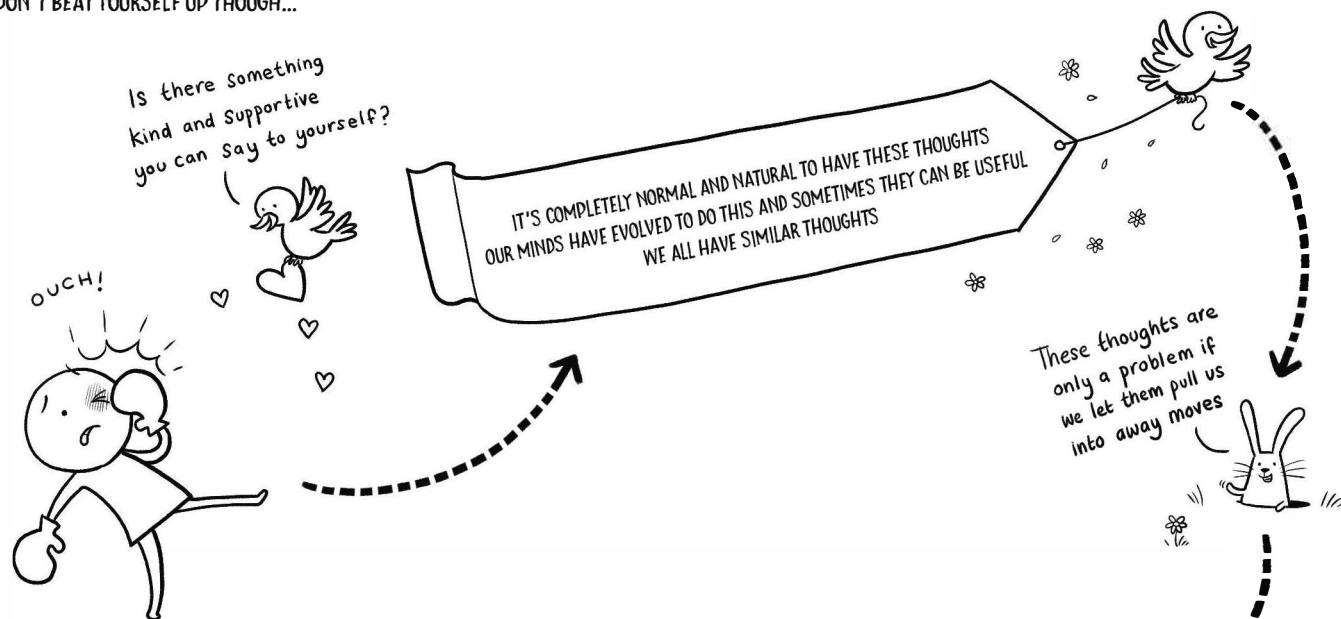


TheHappinessTrap

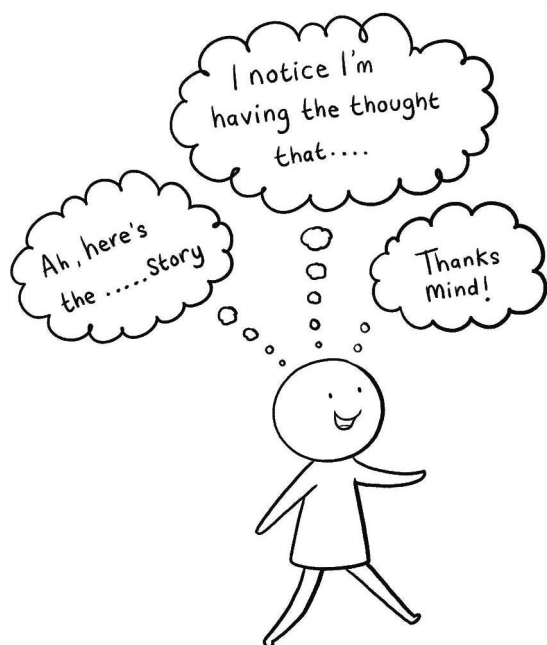
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THE HAPPINESS TRAP WEEK 3 PART B

DON'T BEAT YOURSELF UP THOUGH...



UNHOOKING SKILLS



WATCH THOUGHTS...



WEEK 4



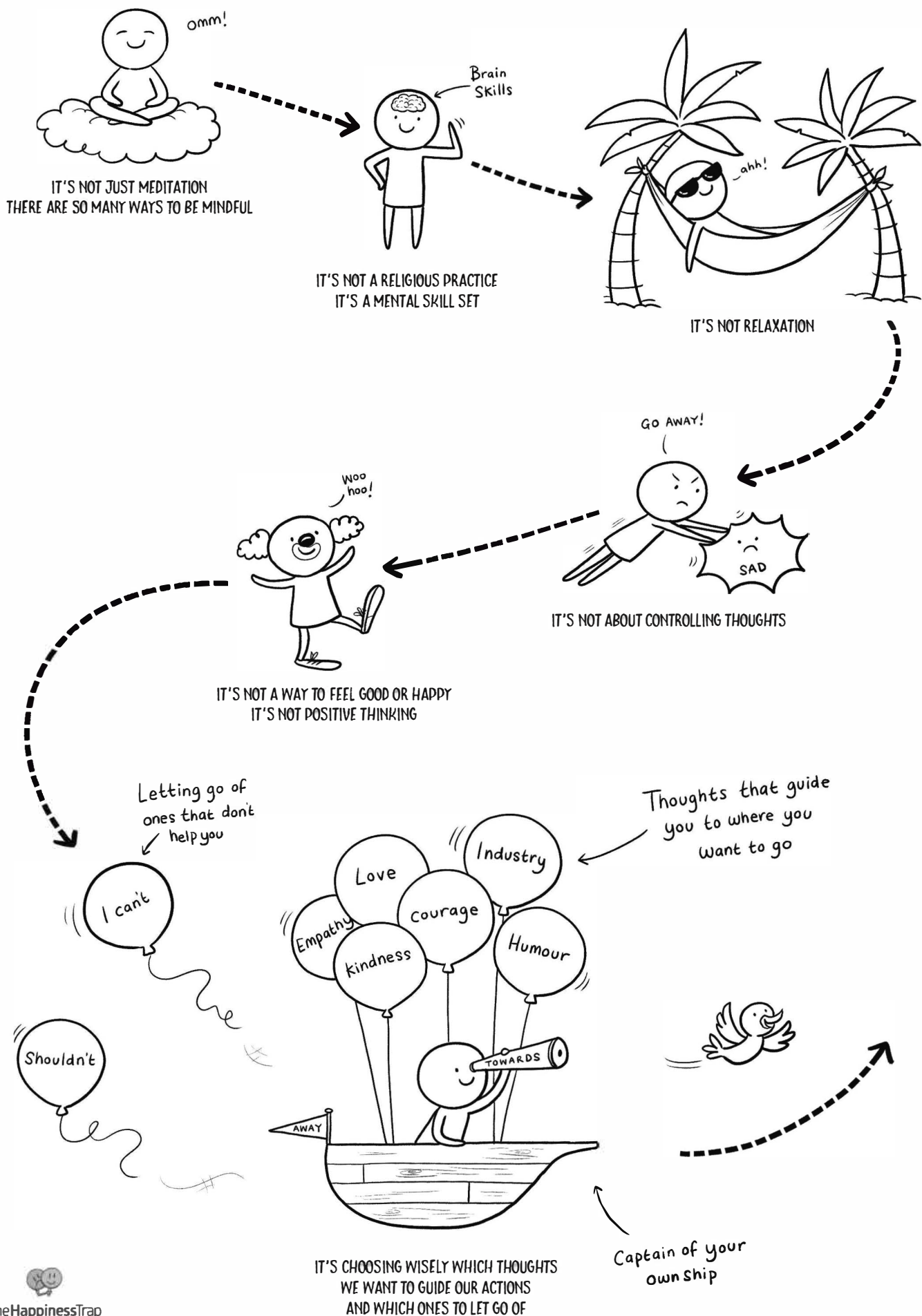
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THE HAPPINESS TRAP WEEK 4 PART A

MINDFULNESS MYTHS...

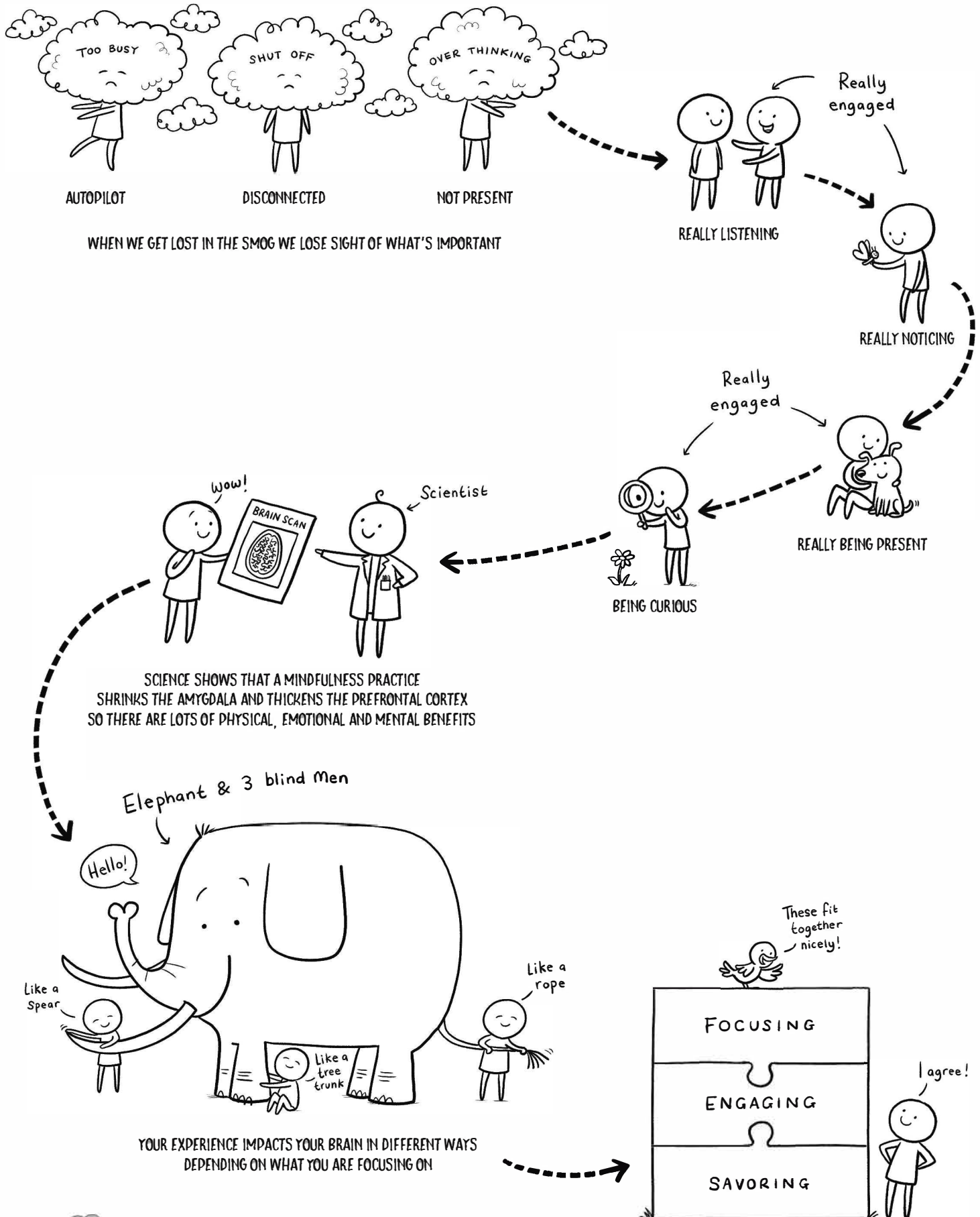


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THE HAPPINESS TRAP WEEK 4, PART B

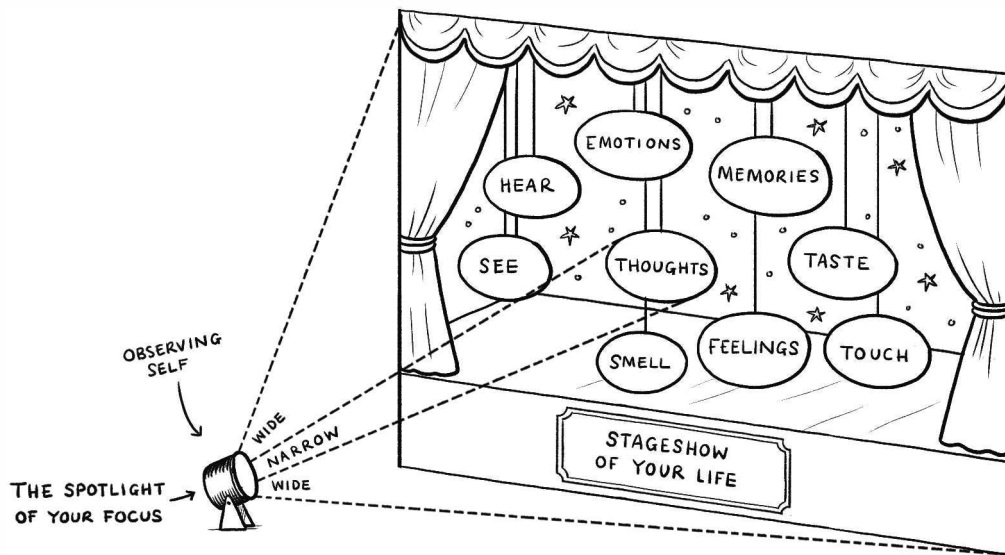
PSYCHOLOGICAL SMOG IS PART OF THE HUMAN CONDITION
IT'S NORMAL -WE ALL DO IT



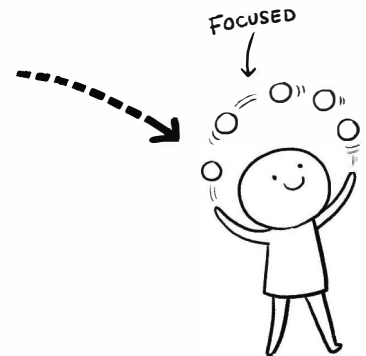
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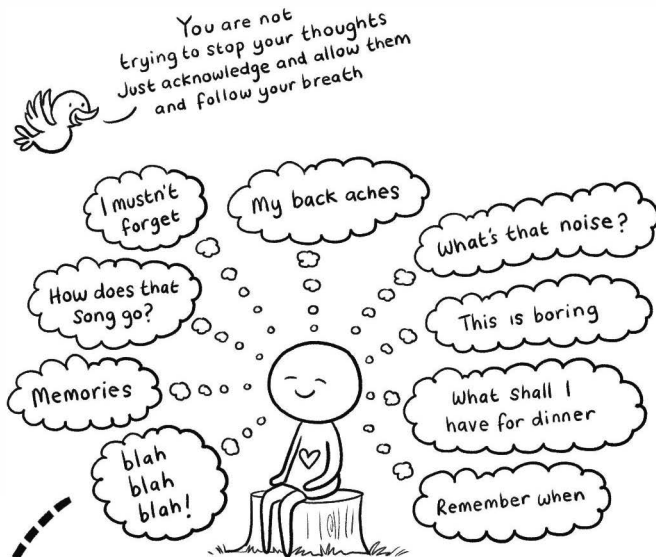
THE HAPPINESS TRAP WEEK 4 PART C



WE CAN ZOOM IN AND NARROW OR ZOOM OUT AND EXPAND THE FOCUS OF OUR ATTENTION LIKE LIGHTS ON A STAGESHOW



THINGS ARE SO MUCH BETTER WHEN YOU FOCUS ON THE TASK AT HAND



YOUR MIND WILL CONSTANTLY TAKE YOU AWAY FROM YOUR BREATH THE SKILL IS JUST TO PRACTICE NOTICING THE THOUGHTS ARISE AND RETURN TO FOCUSING ON THE BREATH (X1000!)



REALLY NOTICE AND SAVOR PLEASURABLE EXPERIENCES



YOU CAN PRACTICE MINDFULNESS WHEN YOU ARE DOING MUNDANE TASKS LIKE WASHING UP, CLEANING YOUR TEETH, SHOWERING ETC THINGS WE USUALLY DO ON AUTOMATIC PILOT



PRACTICE NOTICING WHEN YOUR ATTENTION HAS WANDERED



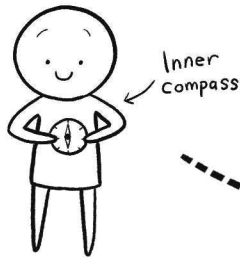
LISTEN TO THE TRACKS IN THE AUDIO LIBRARY TO PRACTICE YOUR MINDFULNESS SKILLS

See you next week!



THE HAPPINESS TRAP WEEK 5 PART A

VALUES...

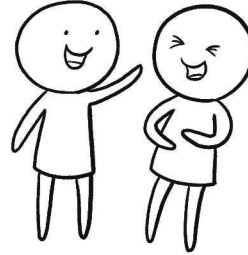


VALUES ARE LIKE AN INNER COMPASS THAT GUIDES US AND GIVES OUR LIVES A SENSE OF MEANING AND PURPOSE...

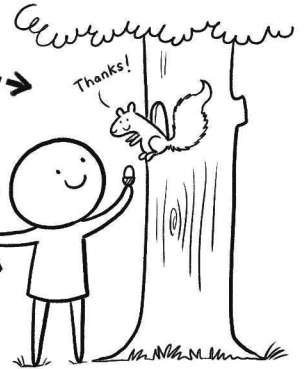
LIKE...HOW YOU TREAT YOURSELF



VALUES ARE YOUR HEART'S DEEPEST DESIRES FOR HOW YOU WANT TO BEHAVE AS A HUMAN BEING AND WHAT YOU WANT TO STAND FOR IN LIFE



HOW YOU TREAT OTHERS...



AND THE WORLD AROUND US...

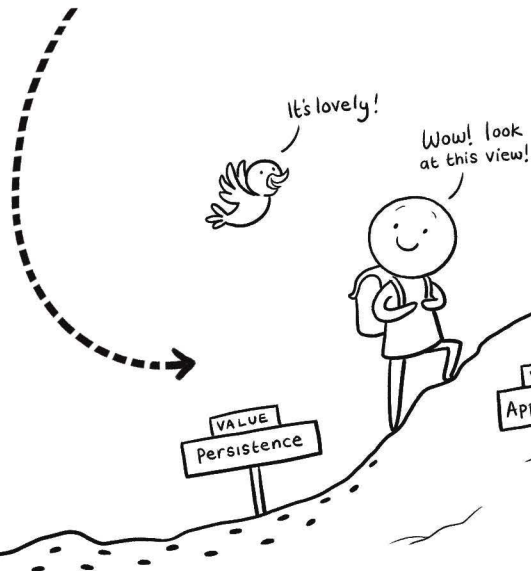


VALUES ARE LIKE CONTINENTS ON A GLOBE OF THE WORLD. THROUGHOUT THE DAY, SOME GO TO THE BACK, OTHERS COME TO THE FRONT

But it's not about being "good" or fitting in to Society's "rules"



THERE ARE NO "RIGHT" VALUES JUST AS THERE IS NO "RIGHT" FLAVOR OF ICE CREAM!



WE CAN LIVE OUR VALUES EVERY STEP OF THE WAY TOWARDS OUR GOALS WHETHER WE ACHIEVE OUR GOALS OR NOT THEY HELP US APPRECIATE THE JOURNEY AND NOT JUST THE GOAL VALUES CAN ALWAYS BE LIVED RIGHT HERE AND RIGHT NOW

GOAL
Reach Peak

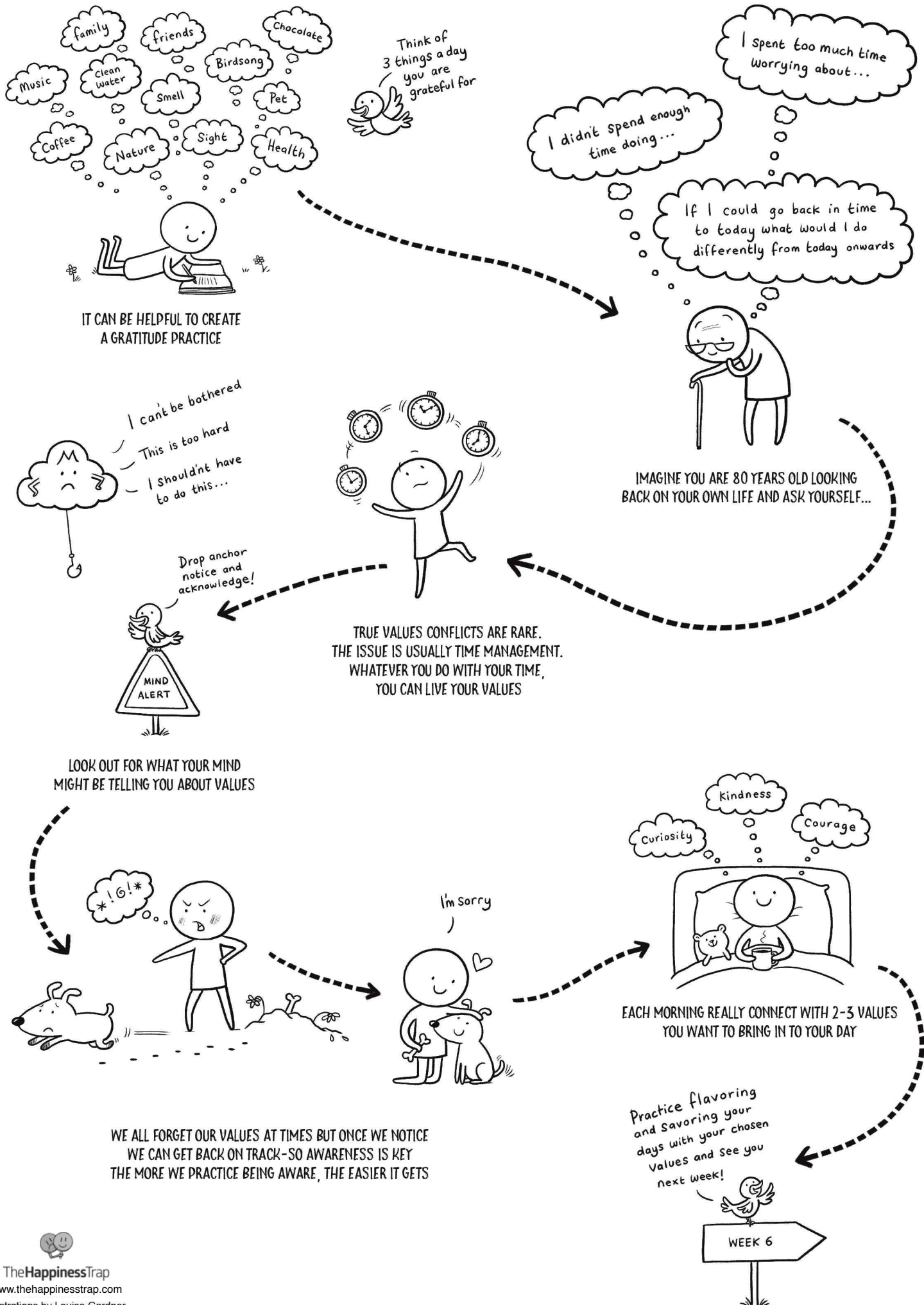


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THE HAPPINESS TRAP WEEK 5 PART B

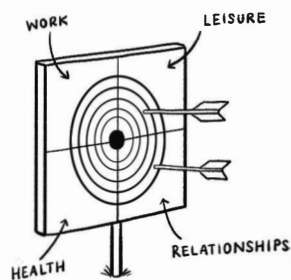


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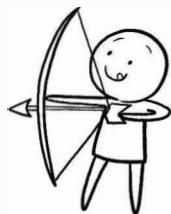
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THE HAPPINESS TRAP WEEK 6 PART A



THE BULL'S EYE EXERCISE

ON AVERAGE WHERE ARE YOU ON THE DARTBOARD?
HITTING THE BULL'S EYE DOES NOT MEAN ACHIEVING YOUR GOALS;
IT MEANS LIVING YOUR VALUES

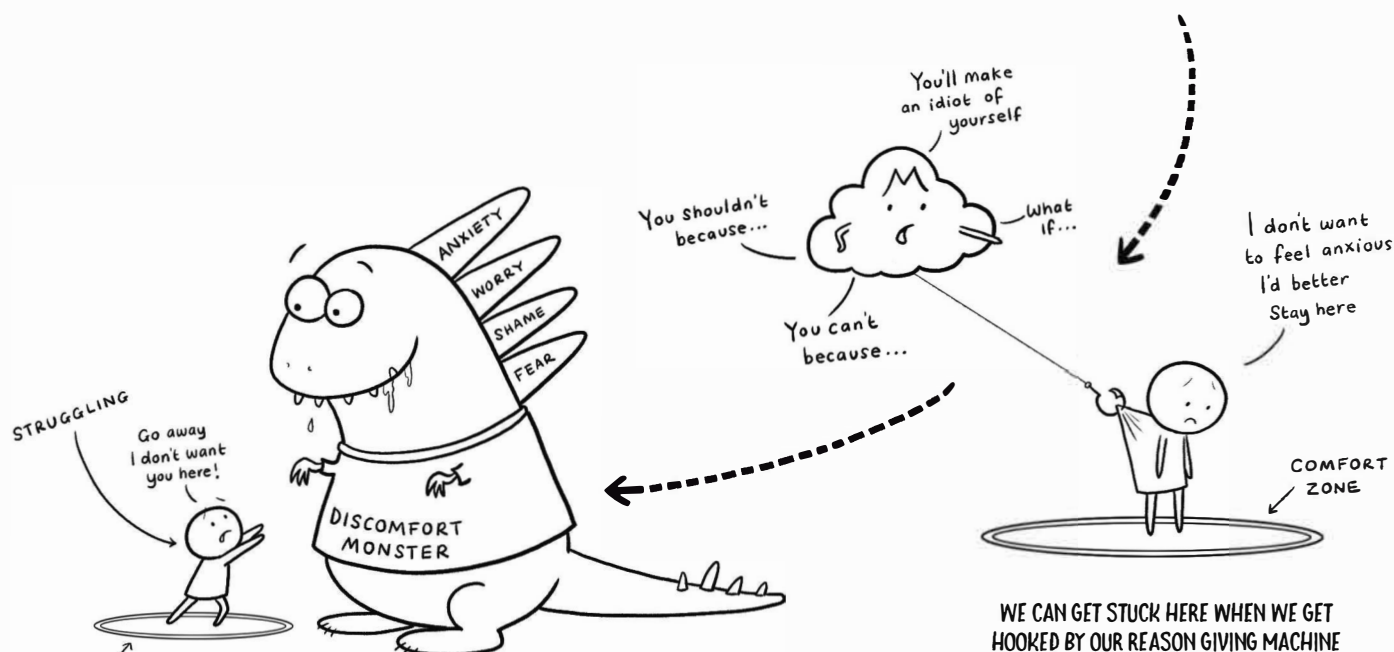


THE COMFORT ZONE

Yikes!
I feel trapped



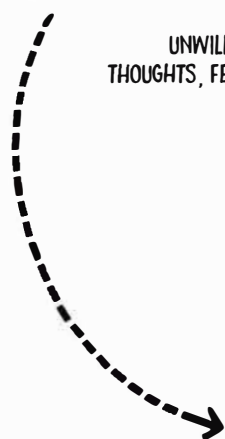
IT'S NICE TO STAY IN THE COMFORT ZONE SOMETIMES, IT FEELS FAMILIAR AND SAFE
BUT IF WE STAY HERE TOO LONG WE CAN BECOME STUCK
IT CAN BECOME FRUSTRATING AND BORING AND WE START TO FEEL TRAPPED



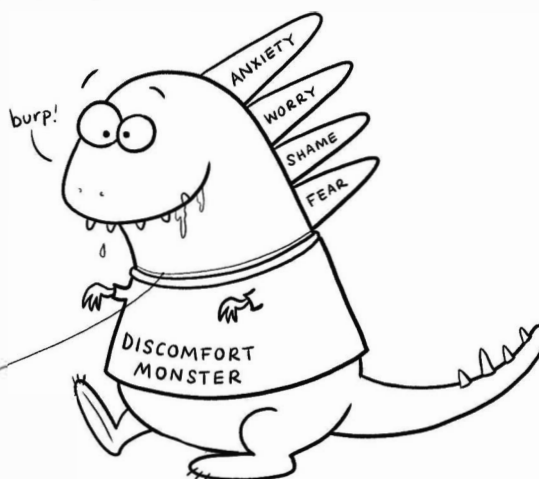
WE CAN GET STUCK HERE WHEN WE GET
HOOKED BY OUR REASON GIVING MACHINE

UNWILLING

UNWILLINGNESS TO FEEL DIFFICULT
THOUGHTS, FEELINGS, EMOTIONS AND MEMORIES



DROPPING THE STRUGGLE WITH UNCOMFORTABLE
FEELINGS AND SENSATIONS
AND CHOOSING TO TAKE VALUED ACTION

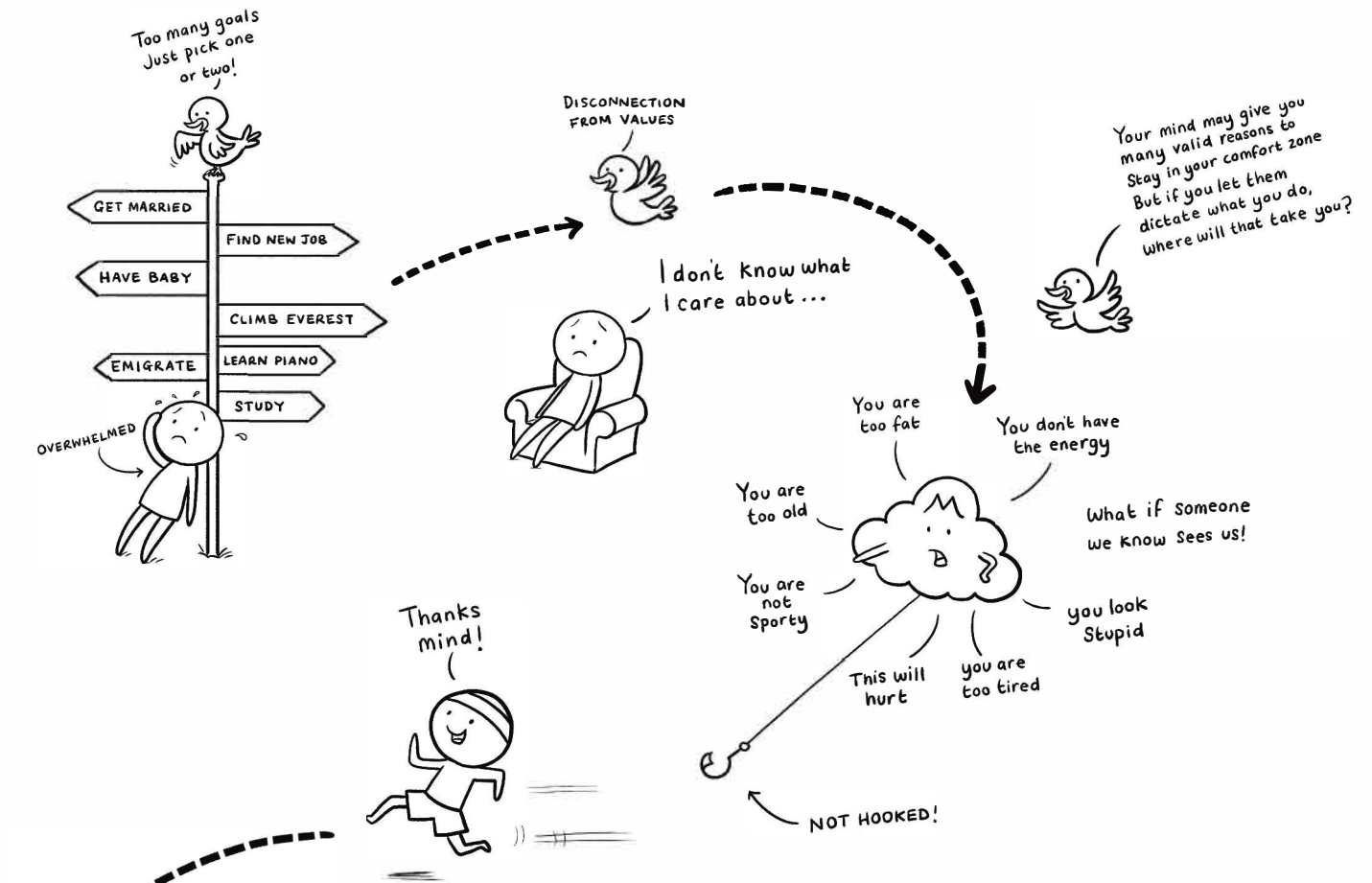


WILLING

LEAVING COMFORT
ZONE BEHIND

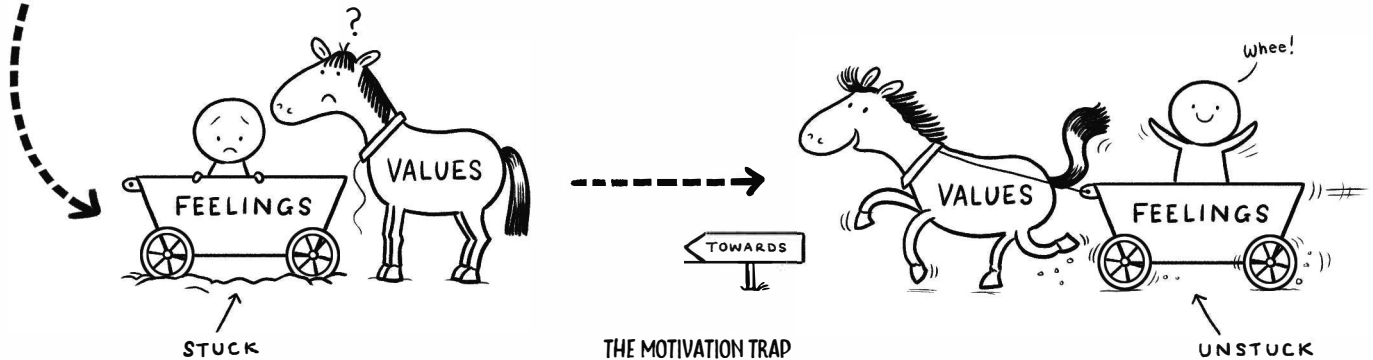


THE HAPPINESS TRAP WEEK 6 PART B

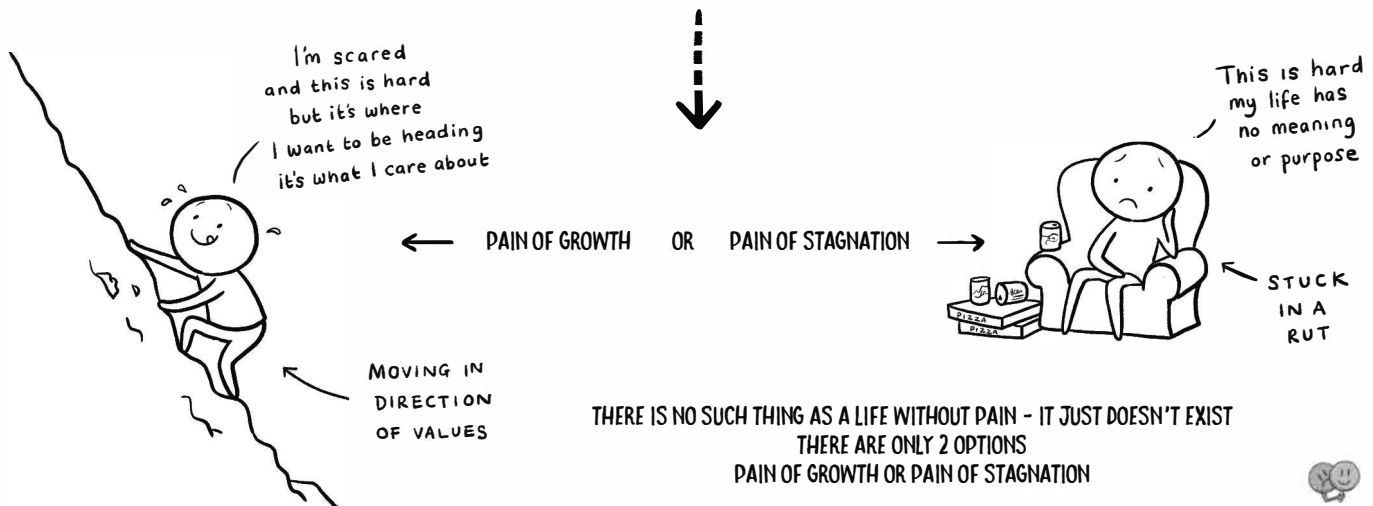


WHEN YOUR MIND INTERFERES WITH GOAL SETTING/STEPPING OUT OF COMFORT ZONE

THE REASONS MAY BE VALID BUT YOU CAN STILL MOVE YOUR ARMS AND LEGS AND DO WHAT MATTERS TO YOU



WAITING UNTIL YOU "FEEL" LIKE DOING SOMETHING IS LIKE PUTTING THE CART BEFORE THE HORSE
DON'T RELY ON FEELINGS - RELY ON VALUES - LET THEM BE YOUR MOTIVATION



THERE IS NO SUCH THING AS A LIFE WITHOUT PAIN - IT JUST DOESN'T EXIST
THERE ARE ONLY 2 OPTIONS
PAIN OF GROWTH OR PAIN OF STAGNATION

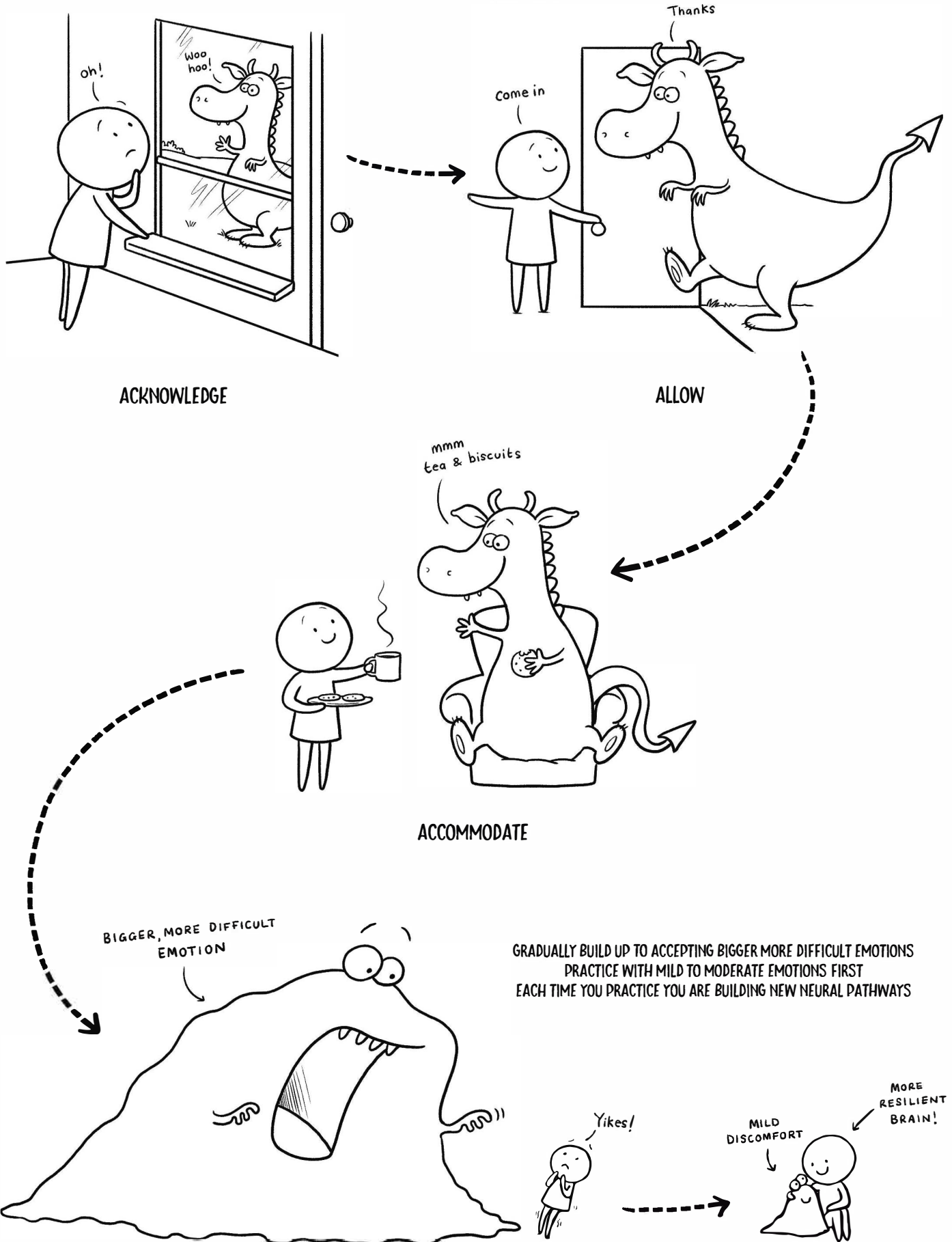


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THE HAPPINESS TRAP WEEK 6 PART C

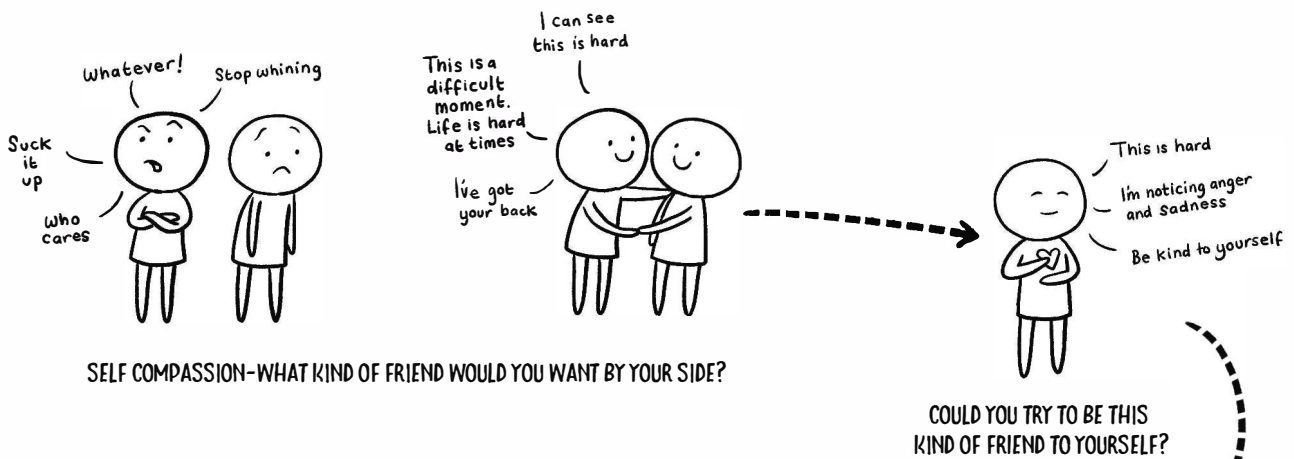
THE 3 A'S OF ACCEPTANCE



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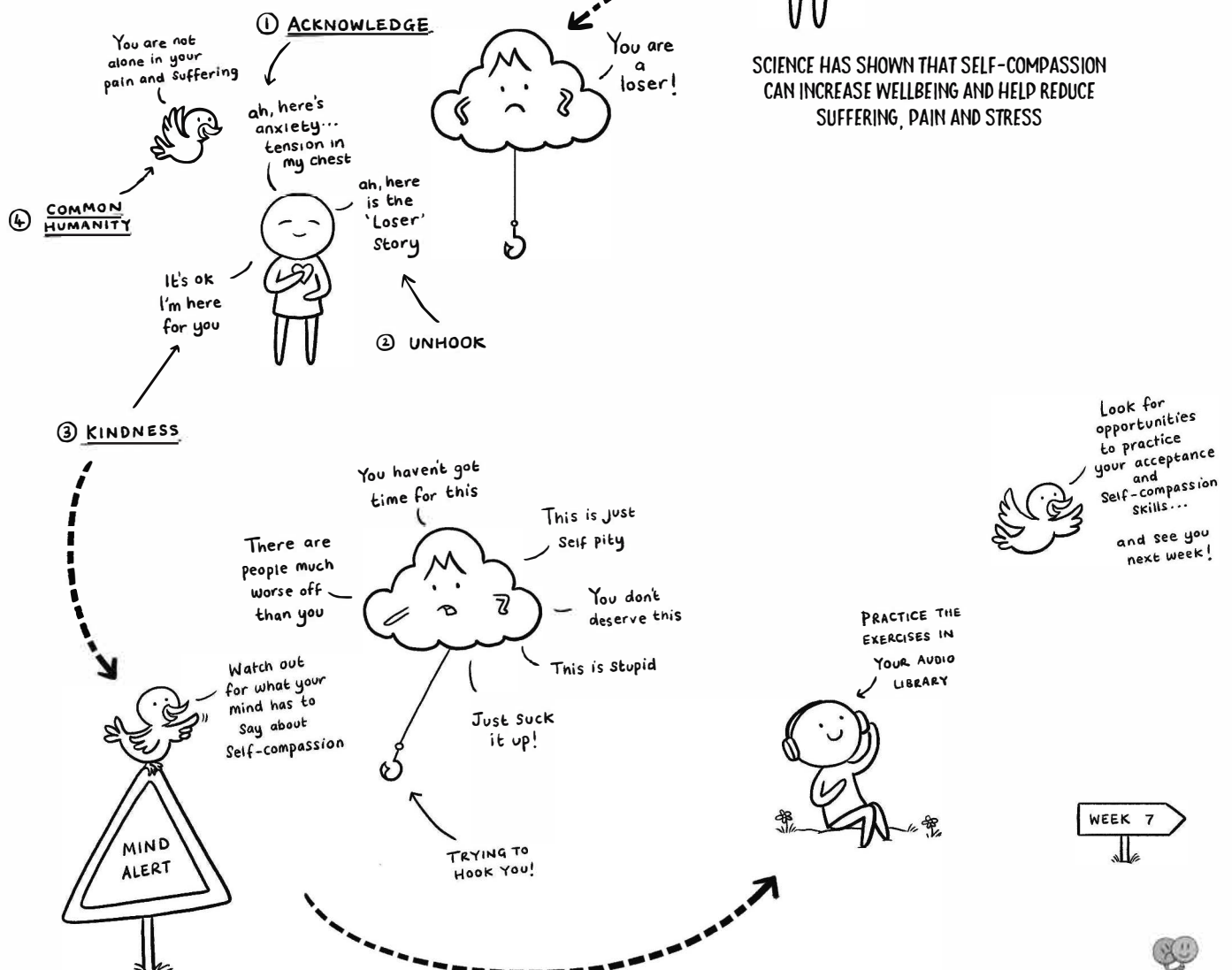
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THE HAPPINESS TRAP WEEK 6 PART D



THE 4 ELEMENTS OF SELF-COMPASSION

1. ACKNOWLEDGE... MAKE ROOM FOR THE PAINFUL EMOTIONS AND SENSATIONS
2. UNHOOK...FROM SELF CRITICISM AND SELF JUDGEMENTS
3. KINDNESS...DOING SOMETHING SOOTHING AND COMFORTING AND CARING
4. COMMON HUMANITY...KNOWING WE ALL SUFFER-YOU ARE NOT ALONE



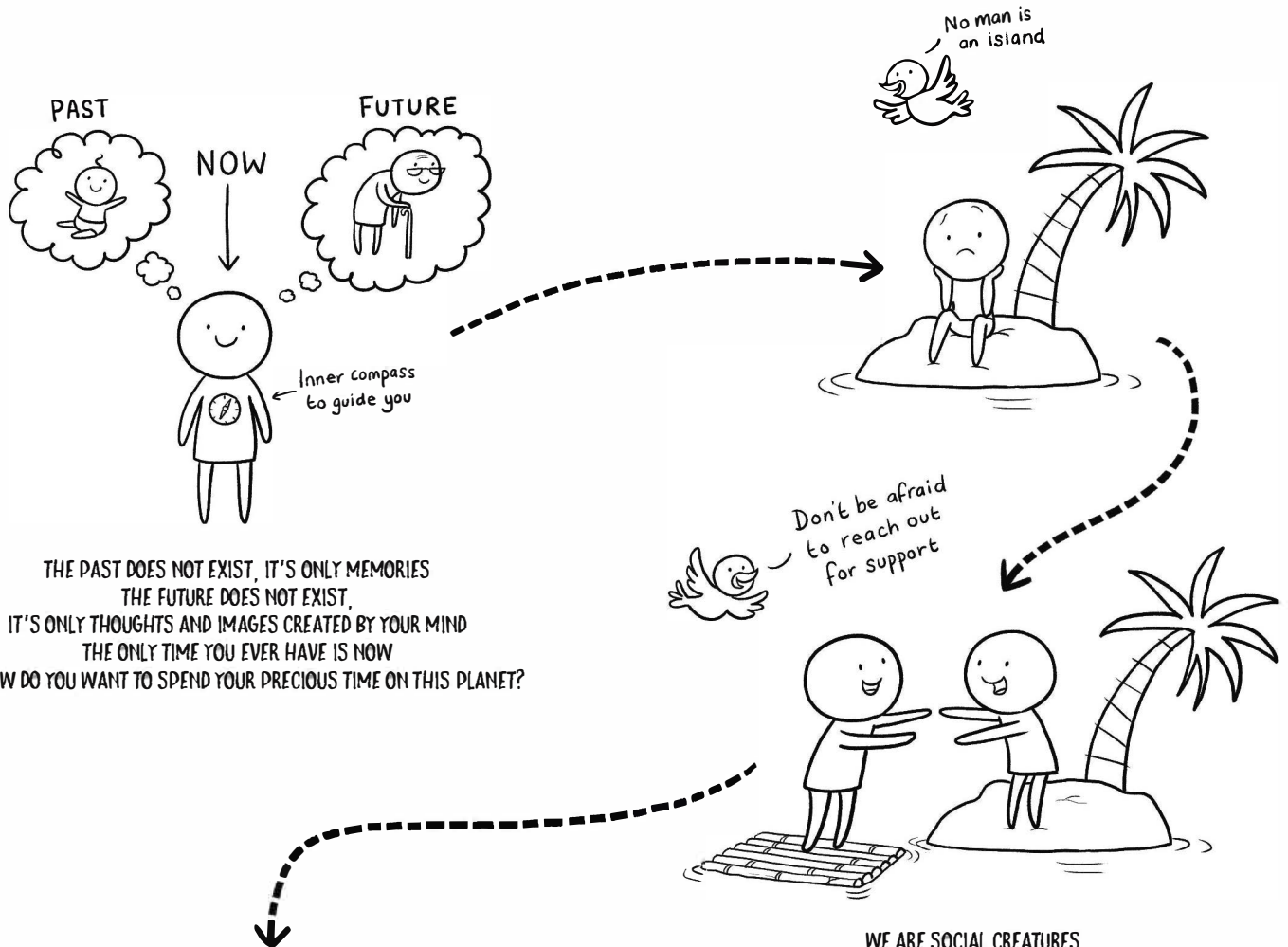
WEEK 7



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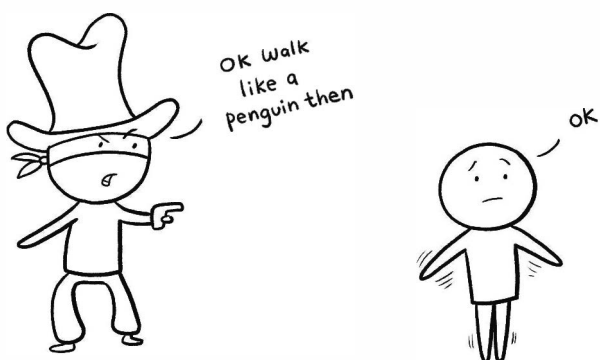
THE HAPPINESS TRAP WEEK 7 PART A



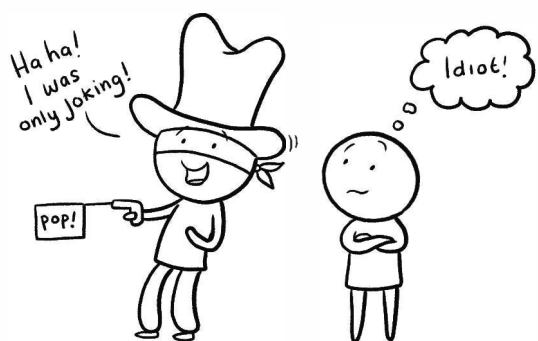
CAN YOU CONTROL YOUR FEELINGS?



CAN YOU CONTROL YOUR THOUGHTS?



CAN YOU CONTROL YOUR ACTIONS?



CAN YOU CONTROL OTHER PEOPLE?

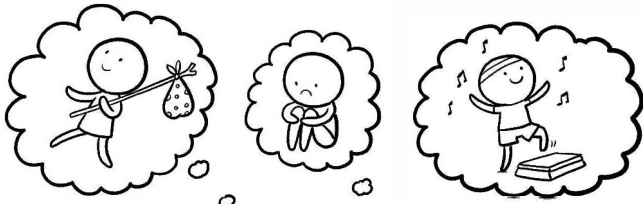


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THE HAPPINESS TRAP WEEK 7 PART B

In any challenging Situation, you have 3 choices



THE CHALLENGE FORMULA

I am here for you
You can handle this



ALL DIFFICULT SITUATIONS WILL BRING UP PAINFUL THOUGHTS AND FEELINGS
SO REMEMBER TO DROP ANCHOR, UNHOOK
MAKE ROOM FOR YOUR EMOTIONS AND BE KIND TO YOURSELF



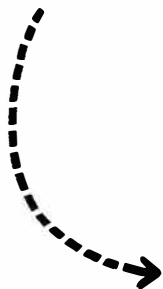
SETTING GOALS



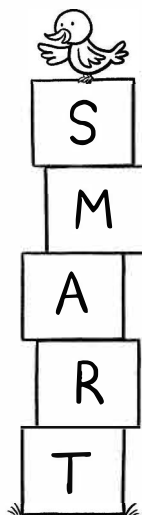
BIG GOAL!



YOU NEED TO BE REALISTIC AND ADAPTIVE
WHEN YOU SET NEW GOALS



Set SMART goals!



SPECIFIC-(NOT WISHY WASHY) WHEN SETTING GOALS

MOTIVATED BY VALUES-WILL GIVE YOU MEANING AND PURPOSE

ADAPTIVE-BE FLEXIBLE TO CURRENT LIFE CIRCUMSTANCES

REALISTIC-BE AWARE OF CURRENT RESOURCES AVAILABLE

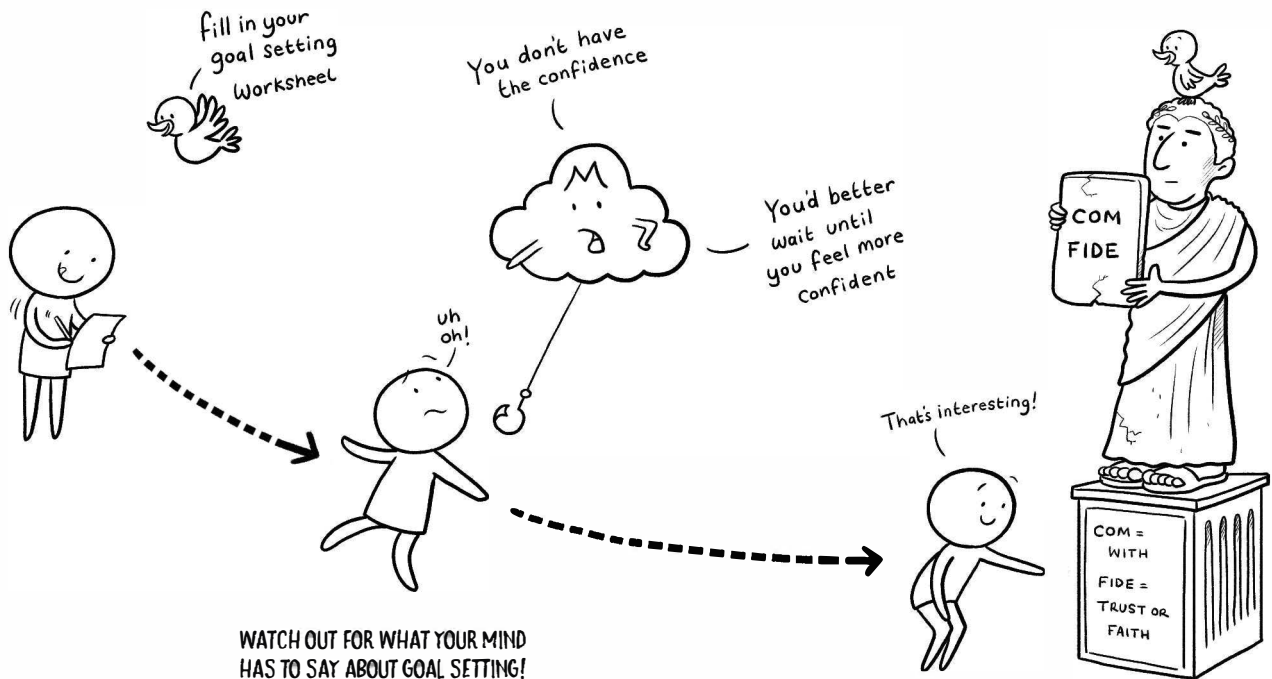
TIME FRAME-WHEN ARE YOU GOING TO START, SET A FIRM DATE?



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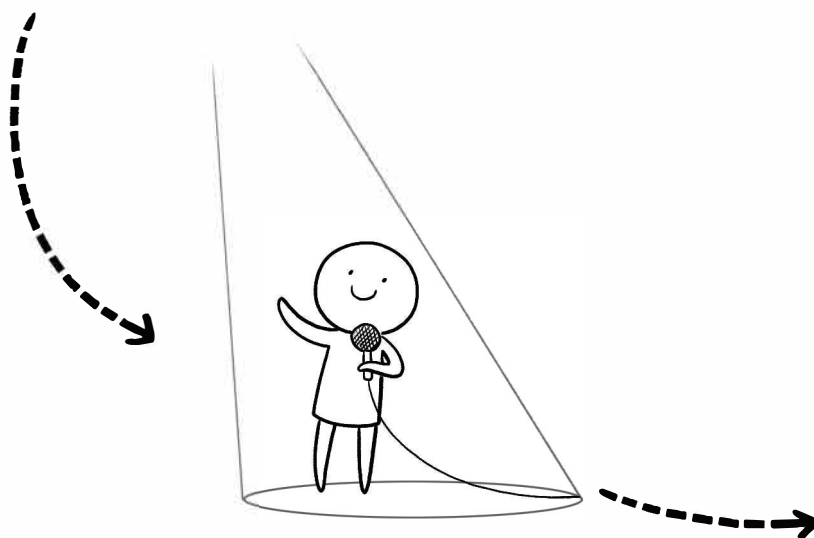
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THE HAPPINESS TRAP WEEK 7 PART C



WATCH OUT FOR WHAT YOUR MIND HAS TO SAY ABOUT GOAL SETTING!

CONFIDENCE COMES FROM THE LATIN WORDS COM AND FIDE MEANING WITH TRUST OR FAITH AN ACTION OF TRUST IN YOURSELF



YOU DON'T HAVE TO FEEL RELAXED AND FEARLESS ON THE INSIDE TO DO WHAT MATTERS TO YOU
YOU CAN HAVE FEELINGS OF ANXIETY AND DO IT ANYWAY

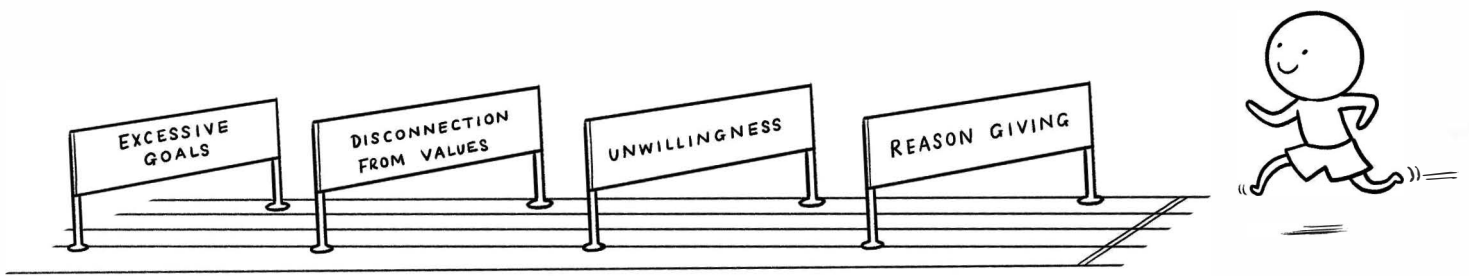
SHARE YOUR GOALS WITH PEOPLE YOU TRUST AND WHO WILL SUPPORT YOU



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THE HAPPINESS TRAP WEEK 7 PART D



BE AWARE OF BARRIERS THAT WILL SHOW UP WHEN GOAL SETTING

There will be times when we all fail at our goals
We ALL will experience failures in life



DROP ANCHOR



BE KIND TO YOURSELF



LEARN FROM IT



WHERE TO NEXT?

HER
THERE



THE 4 STEPS TO TAKE WHEN EXPERIENCING FAILURE

GOAL



SO PUT THESE SKILLS TOGETHER AND TAKE VALUED ACTION!

See you next week!



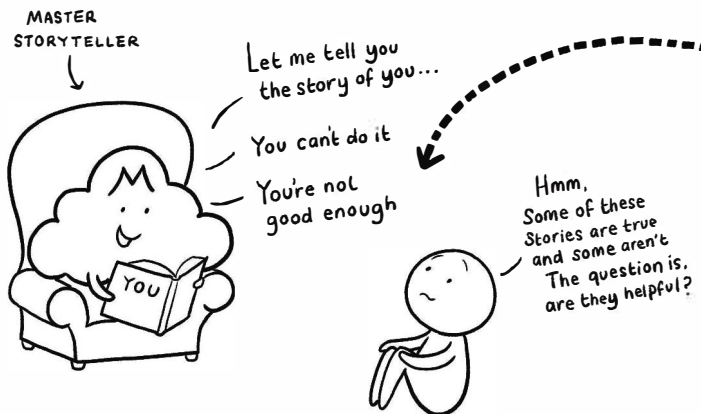
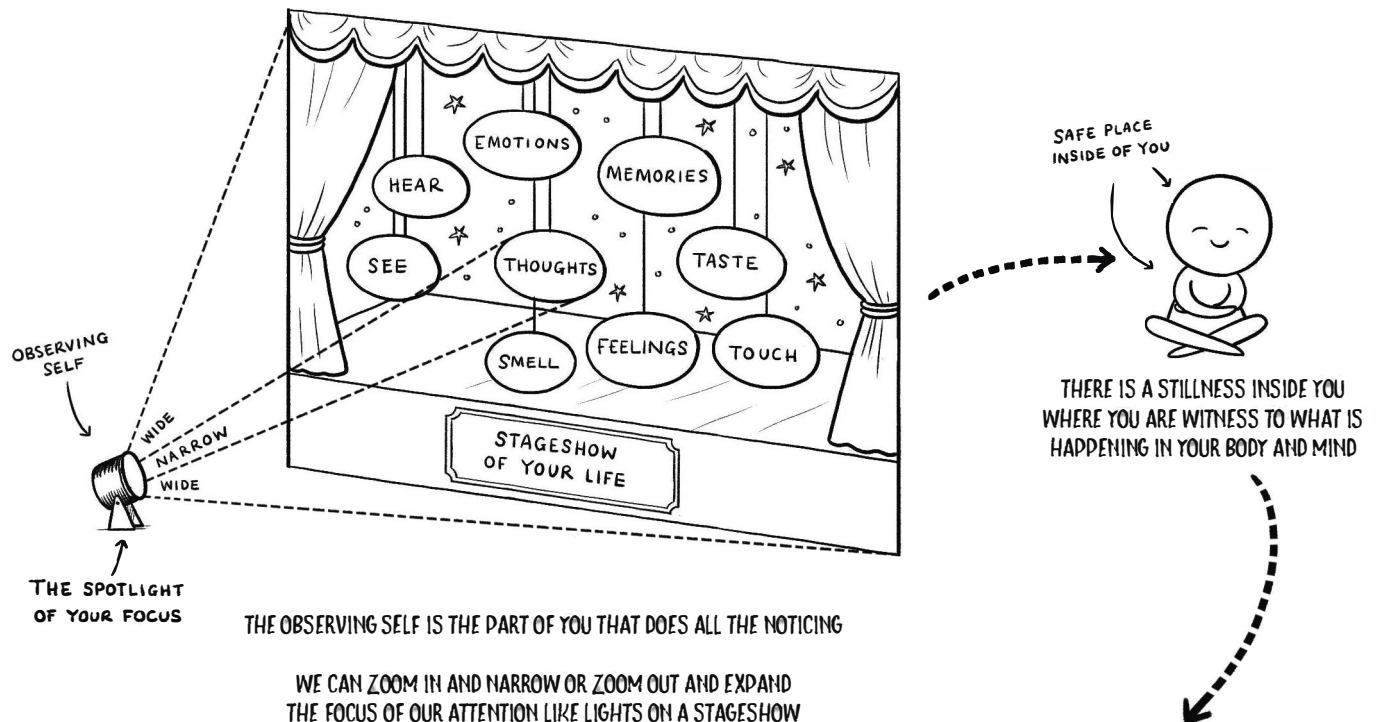
WEEK 8



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THE HAPPINESS TRAP WEEK 8 PART A



THE TRANSCENDENT ASPECT OF YOU

THIS PART OF YOU IS EVER PRESENT, ALWAYS NOTICING. IT NOTICES YOUR THOUGHTS AND FEELINGS, YOUR ROLES AND YOUR ACTIONS, YOUR TOWARDS AND AWAY MOVES ... AS A CHILD, AS A TEENAGER, AS AN ADULT, AND IN YOUR OLD AGE

REMEMBER YOUR MIND IS A MASTER STORYTELLER IT JUST WANTS YOUR ATTENTION, IT DOESN'T CARE IF WHAT IT IS TELLING YOU IS HELPFUL



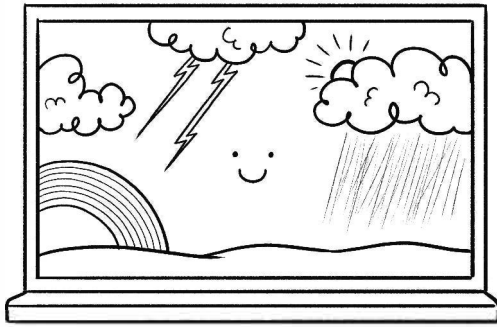
YOUR MIND IS LIKE THE MOST BIASED DOCUMENTARY MAKER EDITING YOUR FULL LIFE STORY TO A 5 MINUTE YOUTUBE CLIP



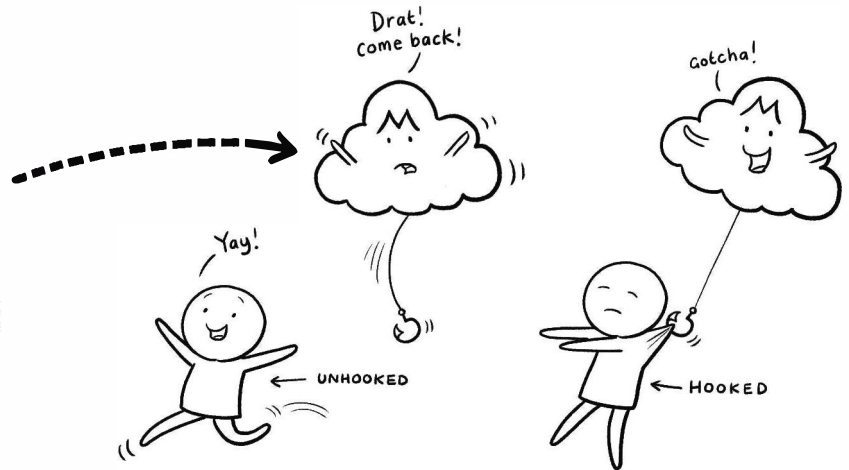
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THE HAPPINESS TRAP WEEK 8 PART B



YOU ARE LIKE THE SKY
THE WEATHER CANNOT HURT YOU
THE SKY ALWAYS HAS ROOM FOR THE WEATHER
AND THE WEATHER ALWAYS CHANGES



WE WILL ALL FORGET OUR NEW SKILLS AT TIMES
AND FALL BACK IN TO OLD HABITS AND THOUGHT PATTERNS
THE IMPORTANT THING IS TO BE AWARE
SO YOU CAN CATCH WHEN YOU ARE HOOKED AGAIN
BE KIND TO YOURSELF, USE YOUR SKILLS AND DO WHAT MATTERS

AS SIR WINSTON CHURCHILL SAID...

Success is the ability to
go from failure to failure
without loss of enthusiasm

Success is not final
failure is not fatal
it is the courage
to continue that counts



YOU HAVE ALREADY LEARNT SO MUCH IN LIFE
BY MAKING MISTAKES, SO CONTINUE MAKING MISTAKES.
BECAUSE THAT IS HOW YOU WILL LEARN AND GROW

YOU WILL HAVE BIG BREAKTHROUGHS AND FAILURES
BUT IT'S THE COURAGE TO CONTINUE THAT COUNTS

The word
courage comes
from the Latin
word 'cor'
meaning heart



OK!



COURAGE IS NOT FEARLESSNESS
IT'S DOING WHAT MATTERS TO YOU DEEP IN YOUR HEART
NO MATTER HOW YOU FEEL

Yay!
how exciting!



I'm going to make room
for my thoughts, feelings
and sensations and do this
however I feel because
this is what matters to me!



LIFE IS A DARING ADVENTURE OR NOTHING

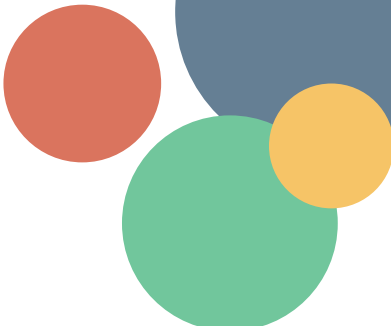
You've
got this!



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Illustrations by Louise Gardner



Therapists, Coaches, Counsellors: How To “Supercharge” Your ACT Sessions

The [Happiness Trap Online Program](#) is a great way to supercharge your sessions, to help your clients make greater progress , more quickly, with less effort. This entertaining yet extremely practical self-development course in ACT, can truly supercharge your therapy, coaching or counselling sessions. Comprised of engaging videos, audio MP3s, written materials, and playful animations, the program is designed to keep people interested, motivated, and actively participating

Any type of ACT practitioner can use it as a powerful *adjunct* to (not a replacement for) clinical work or coaching. If this appeals to you, you can join (free of charge) our ACT Practitioners’ Community, which will give you: a) a unique discount code, that enables your clients to access the program at low cost and b) support materials for using the course – in part or whole– with clients.

You can either use the whole program, or selectively use just the most relevant parts of it, for psychoeducation, homework assignment, experiential work, skills development, and overcoming resistance. It’s especially useful to reinforce what you did in today’s session or prepare in advance for the next one.

For more info on the “supercharge your sessions” options for ACT practitioners and their clients, go to: www.TheHappinessTrap.com/Supercharge-Your-Sessions