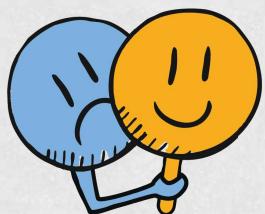


The Happiness Trap

*The Complete
Visual Summaries of
the Happiness Trap
Online Course*



www.TheHappinessTrap.com

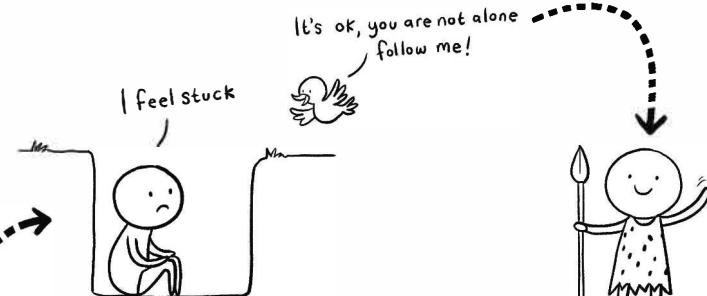
with Dr. Russ Harris

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



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

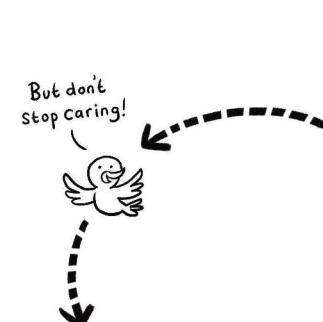
BUT IN OUR PRESENT DAY ITS WARNINGS
ARE NOT ALWAYS HELPFUL

Yay!
(I'm Ace!)
No. 1
BEST MIND

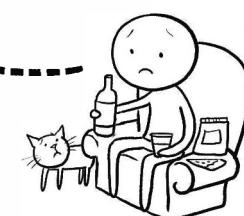
BUT IT'S NOT DEFECTIVE OR TRYING TO HURT YOU
IT'S JUST DOING IT'S JOB IT EVOLVED TO DO

THE MORE YOU CARE

THE MORE YOU HURT



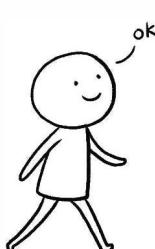
I don't want
you...
go away!



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



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



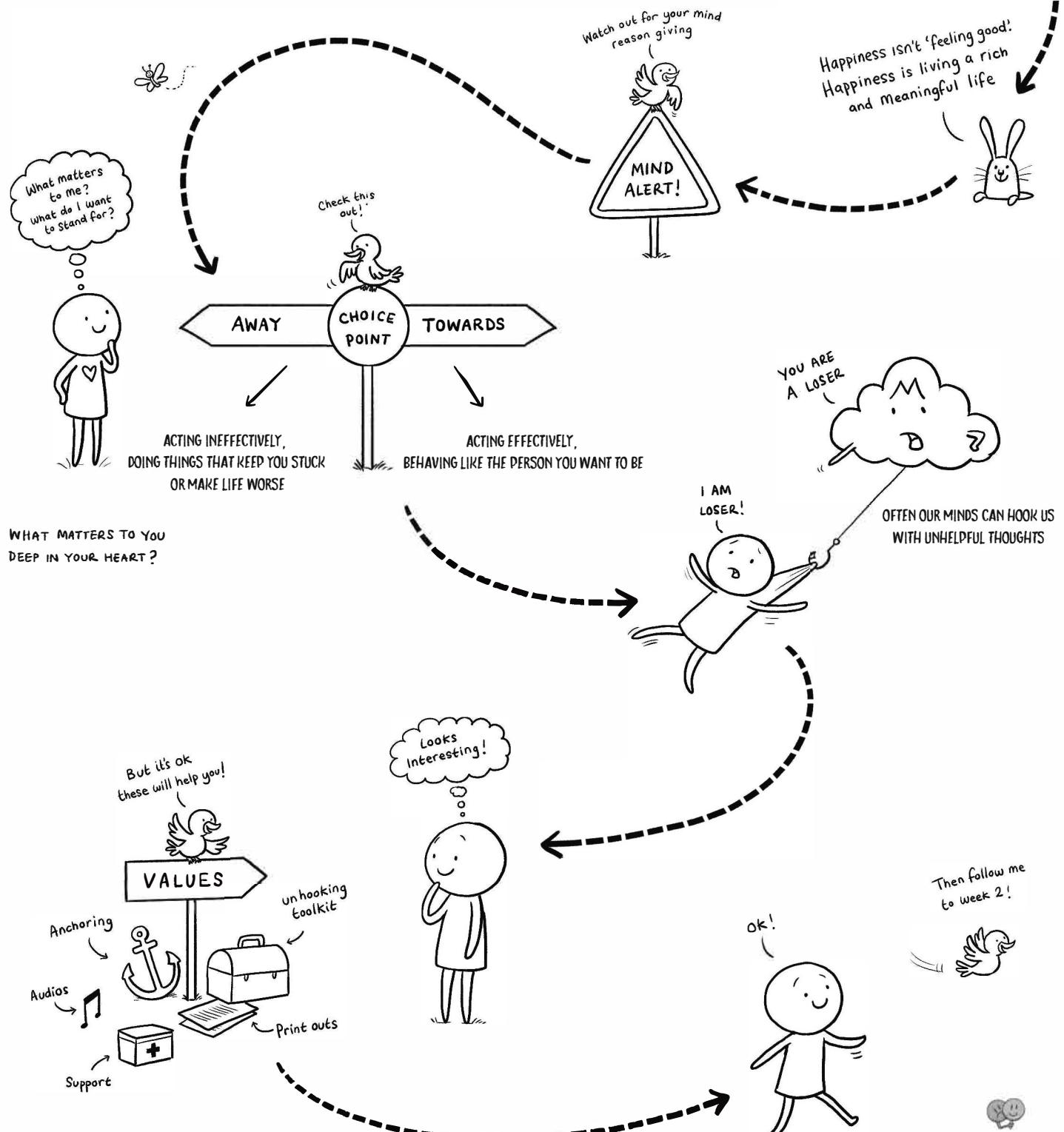
THE HAPPINESS TRAP WEEK 1 PART B



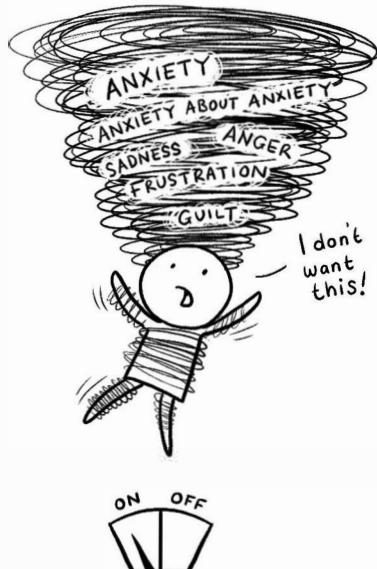
→



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



THE HAPPINESS TRAP WEEK 2 PART A



Here's anxiety
I do not want it
or like it but I'm not
going to struggle
with it



THE STRUGGLE SWITCH
THE MORE WE STRUGGLE THE WORSE IT GETS

What is in
your control?



Don't think
about white
bears!



WHAT HAVE YOU DONE TO AVOID PAIN?
WHAT HAVE BEEN THE COSTS?

ARE YOU OPEN TO LEARNING NEW SKILLS?
TO LEARN HOW TO DROP THE STRUGGLE?

It's ok, remember
to be kind to yourself
Let's look at this



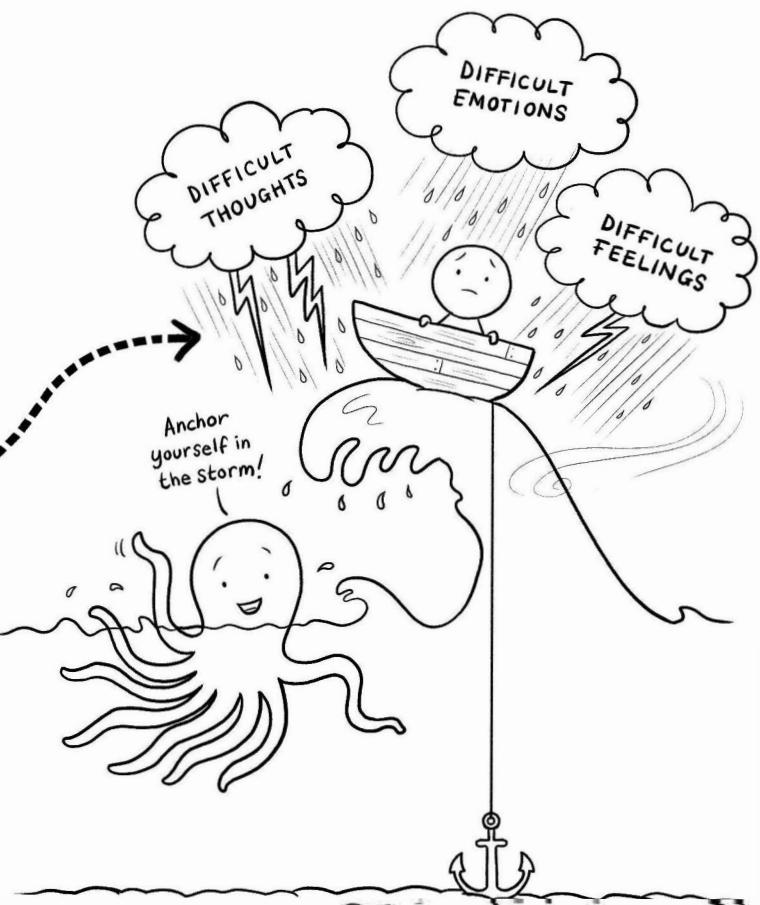
EMOTIONS ARE LIKE THE WEATHER
THEY DON'T CARE WHETHER YOU WANT THEM OR NOT
SO COULD YOU ADAPT TO THEM?
ACKNOWLEDGE THEM AND LET THEM COME AND STAY AND GO

DIFFICULT
EMOTIONS

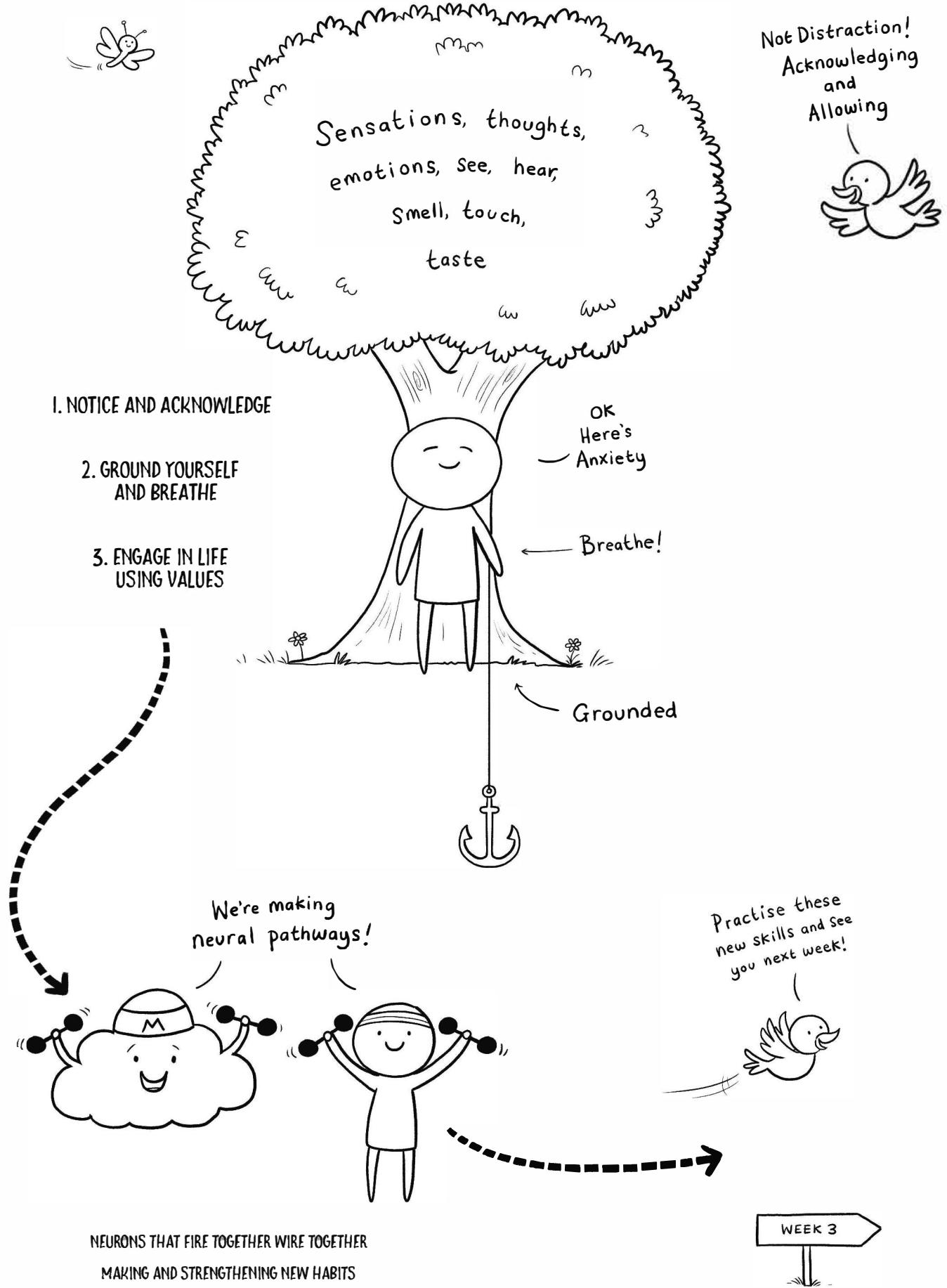
DIFFICULT
THOUGHTS

DIFFICULT
FEELINGS

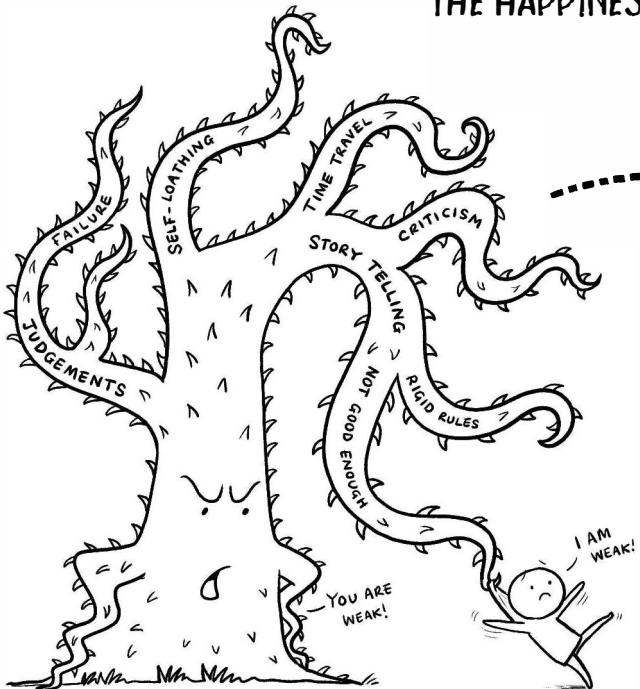
Anchor
yourself in
the storm!



THE HAPPINESS TRAP WEEK 2 PART B



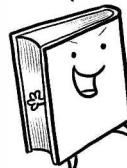
THE HAPPINESS TRAP WEEK 3 PART A



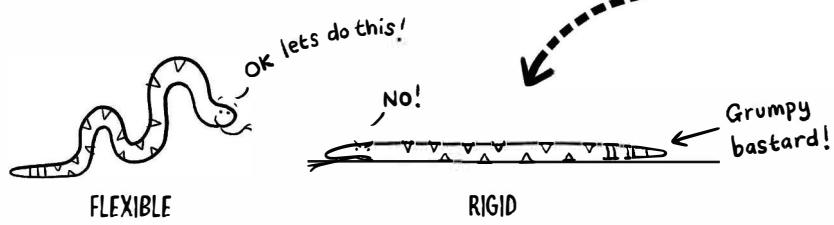
BEING HOOKED AND HELD BACK BY OUR MIND

If you let this thought hook you,
will that help you move forward in life?

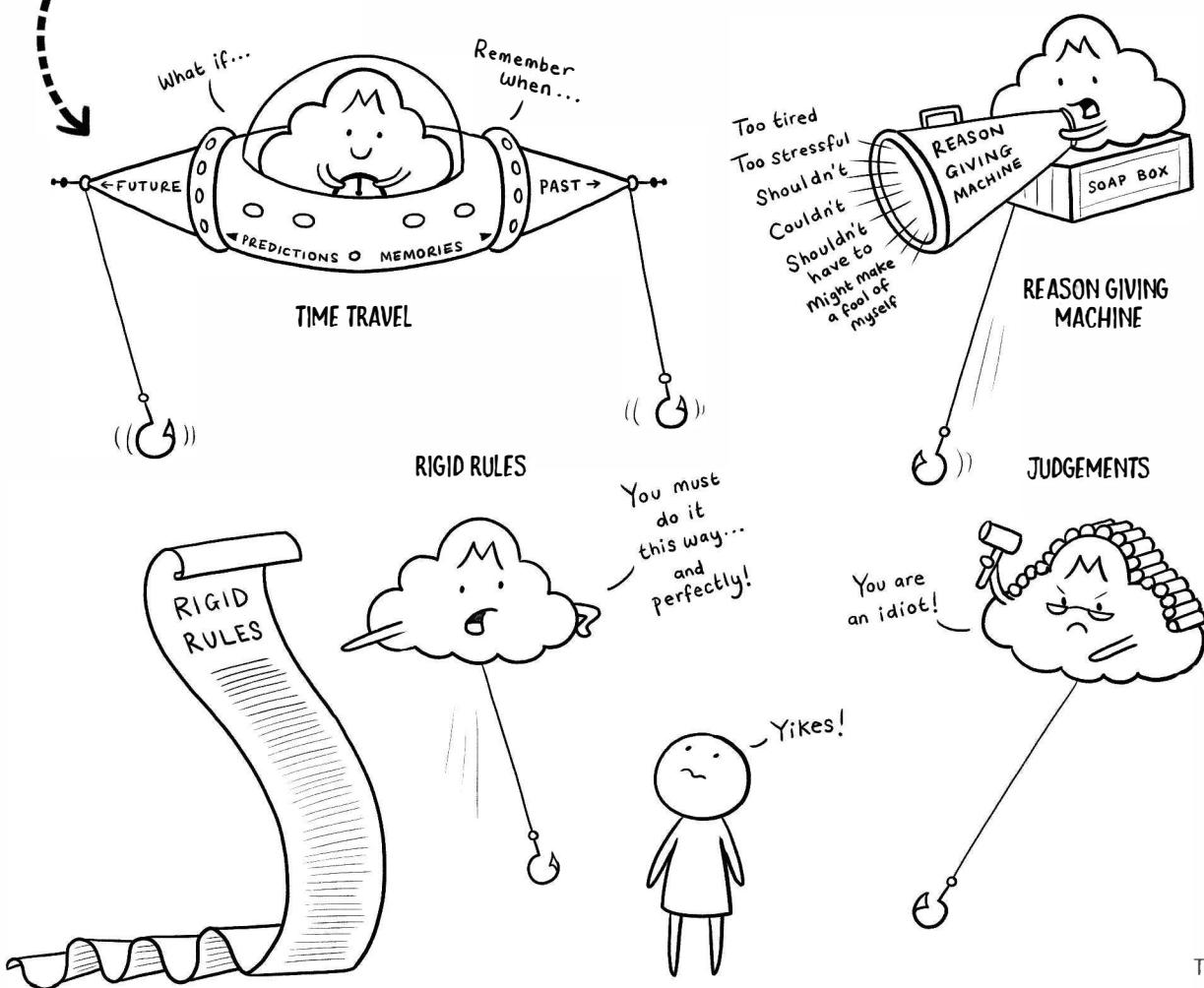
Listen to
this story...
(you are a loser!)



THE MIND IS A STORYTELLER
IT DOESN'T CARE IF THE STORIES
ARE TRUE OR FALSE
HELPFUL OR UNHELPFUL
IT JUST WANTS YOUR ATTENTION



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

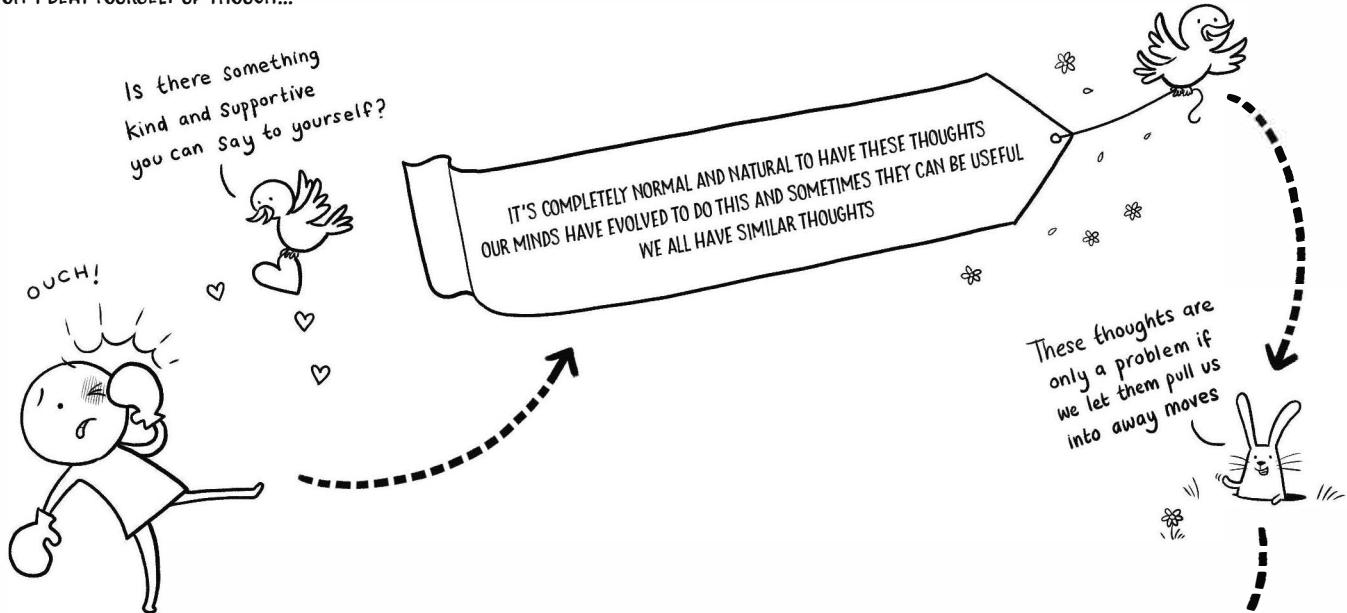


TheHappinessTrap

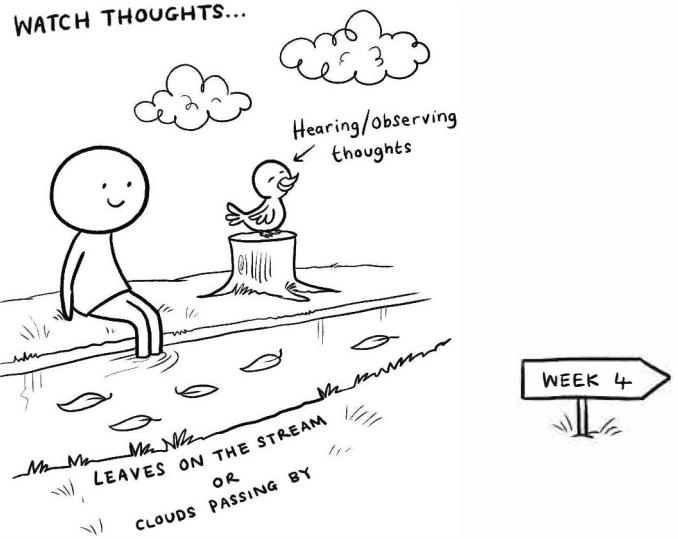
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Illustrations by Louise Gardner

THE HAPPINESS TRAP WEEK 3 PART B

DON'T BEAT YOURSELF UP THOUGH...

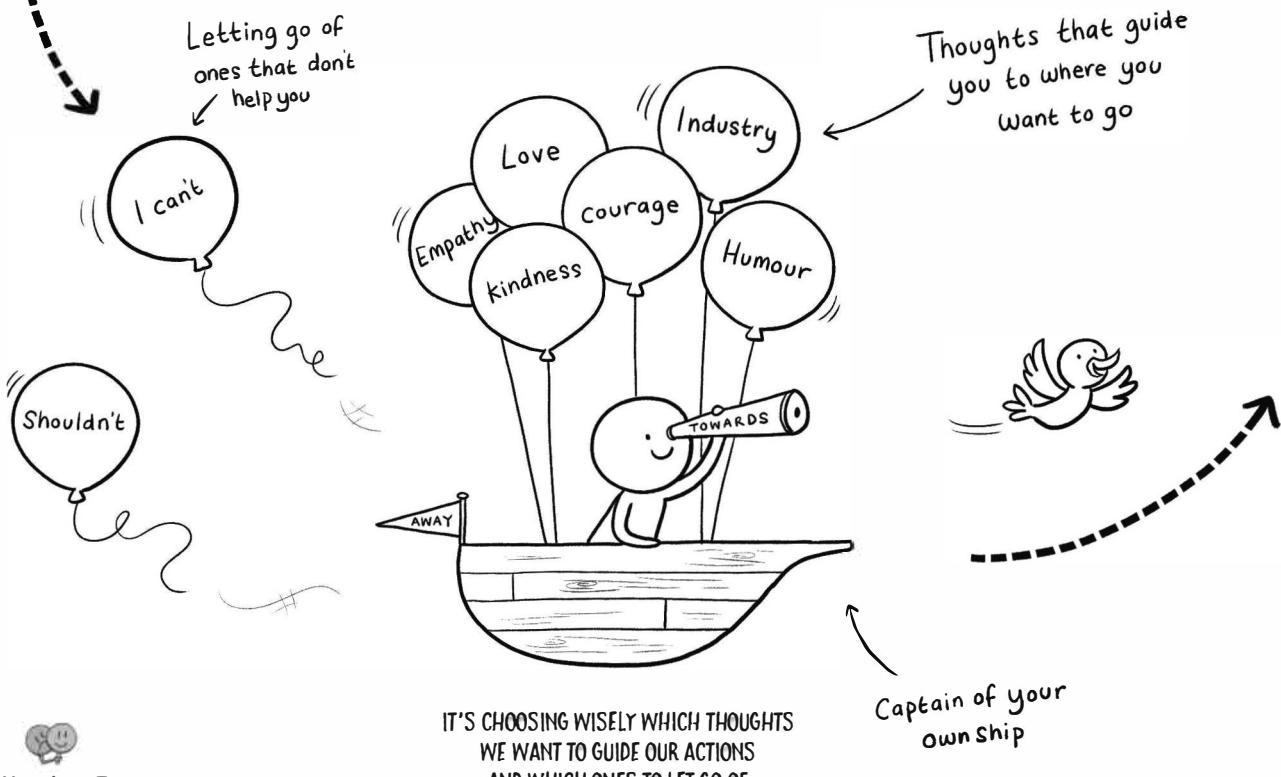
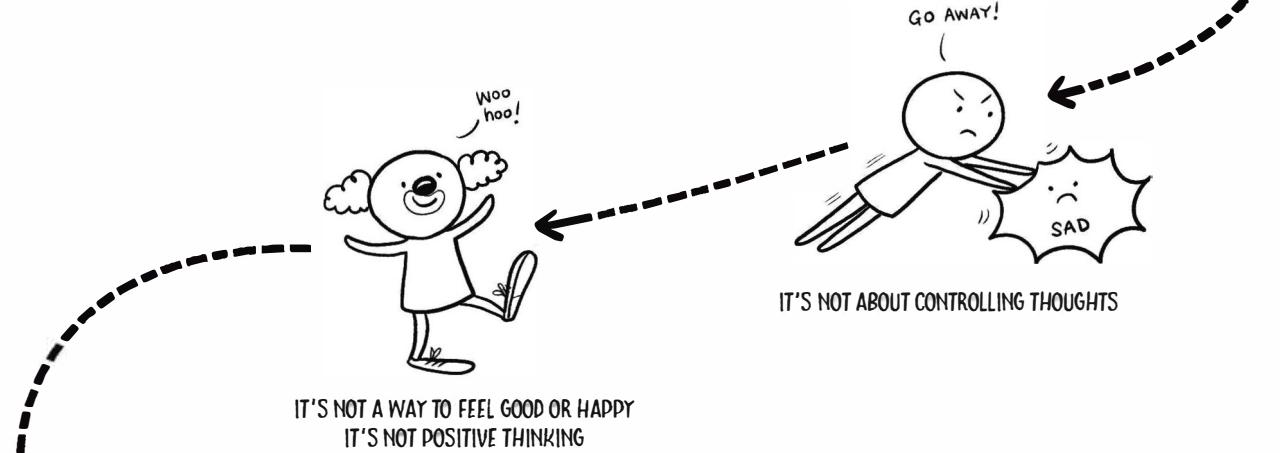
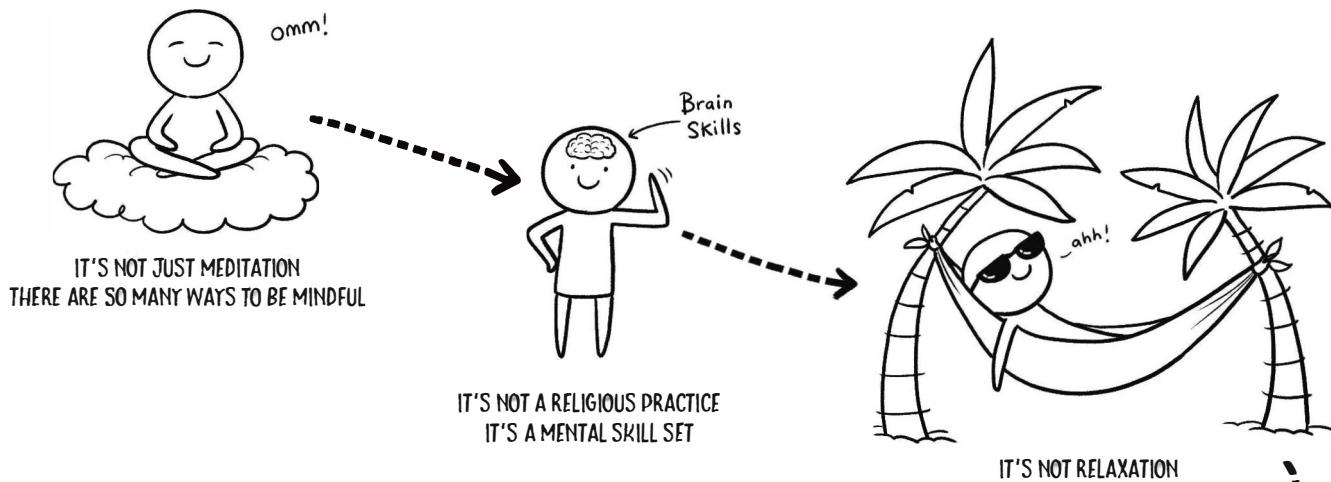


UNHOOKING SKILLS



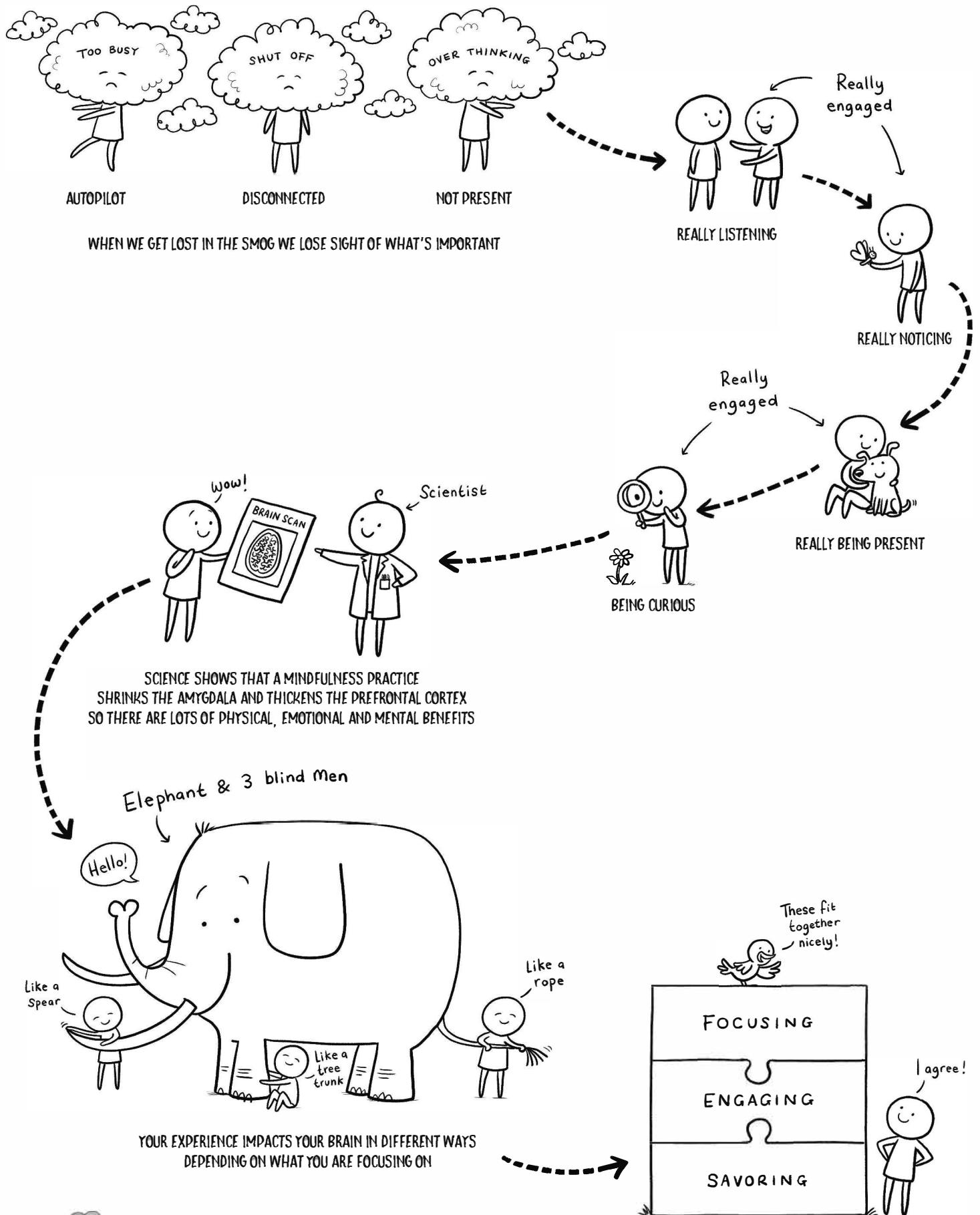
THE HAPPINESS TRAP WEEK 4 PART A

MINDFULNESS MYTHS...

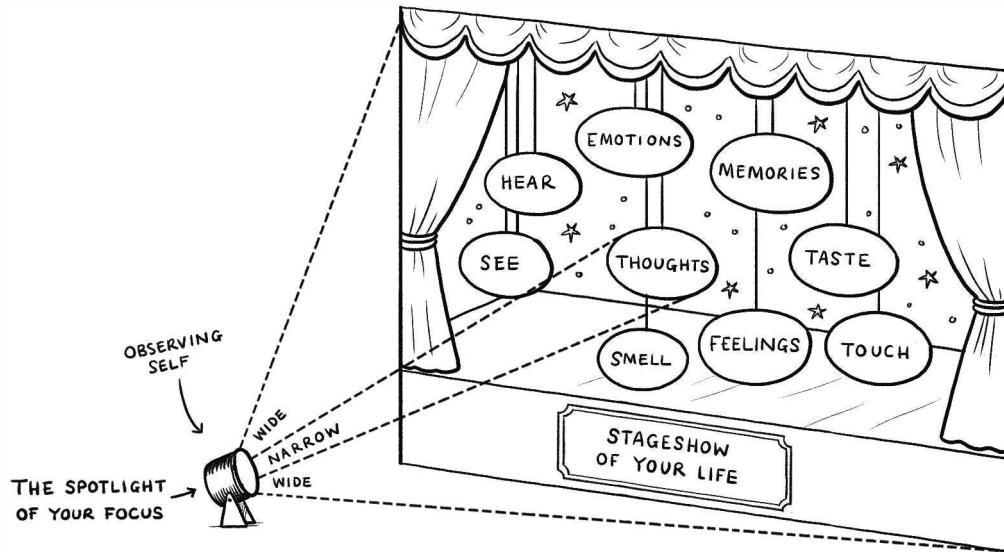


THE HAPPINESS TRAP WEEK 4, PART B

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

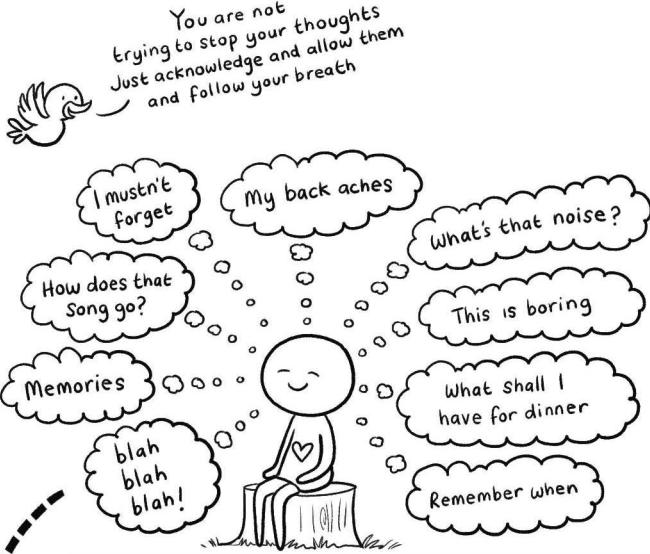


THE HAPPINESS TRAP WEEK 4 PART C



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

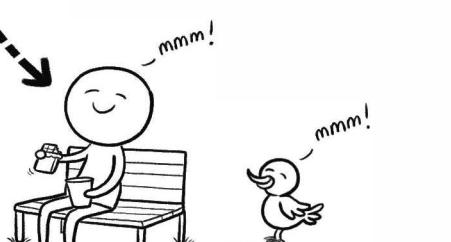
THINGS ARE SO MUCH BETTER WHEN YOU FOCUS ON THE TASK AT HAND



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!)



PRACTICE NOTICING WHEN YOUR ATTENTION HAS WANDERED



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



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

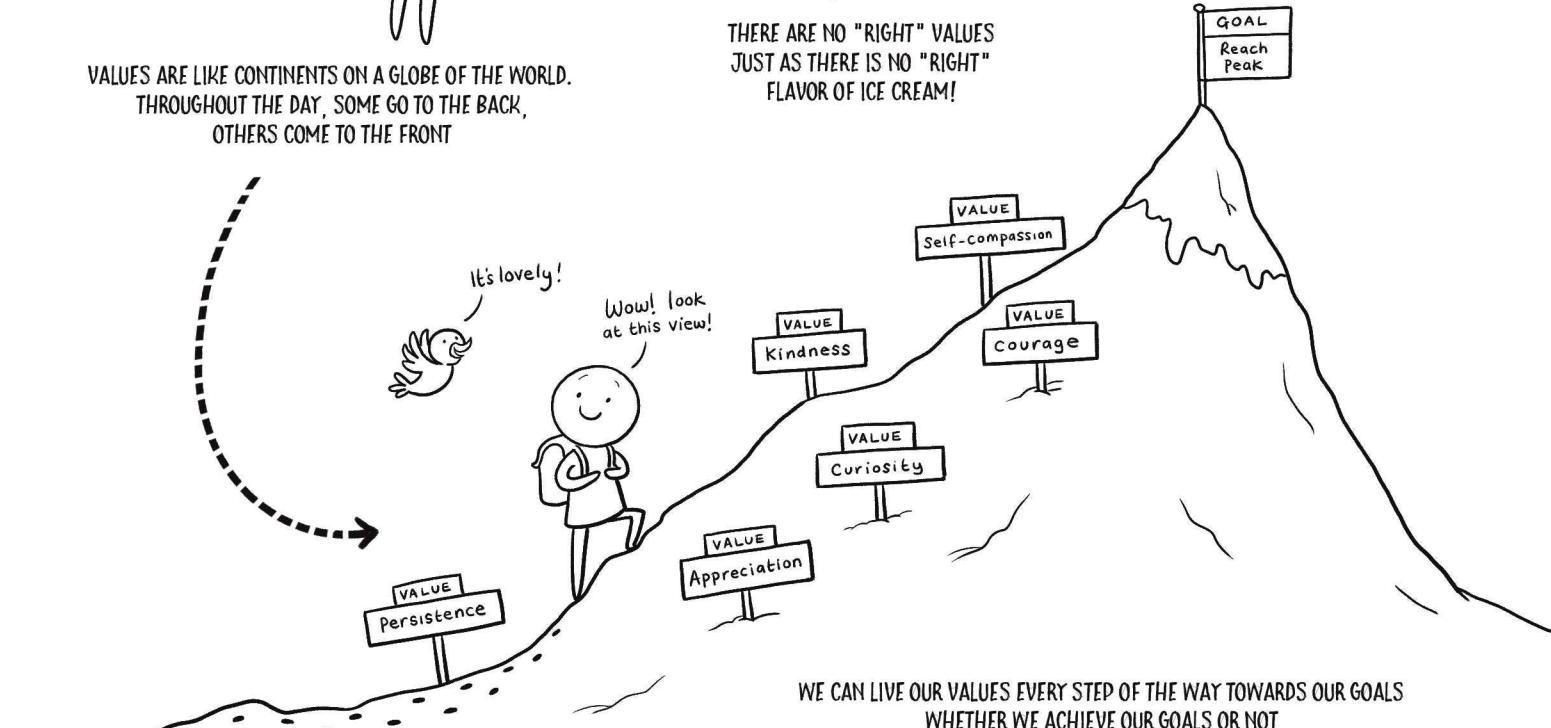
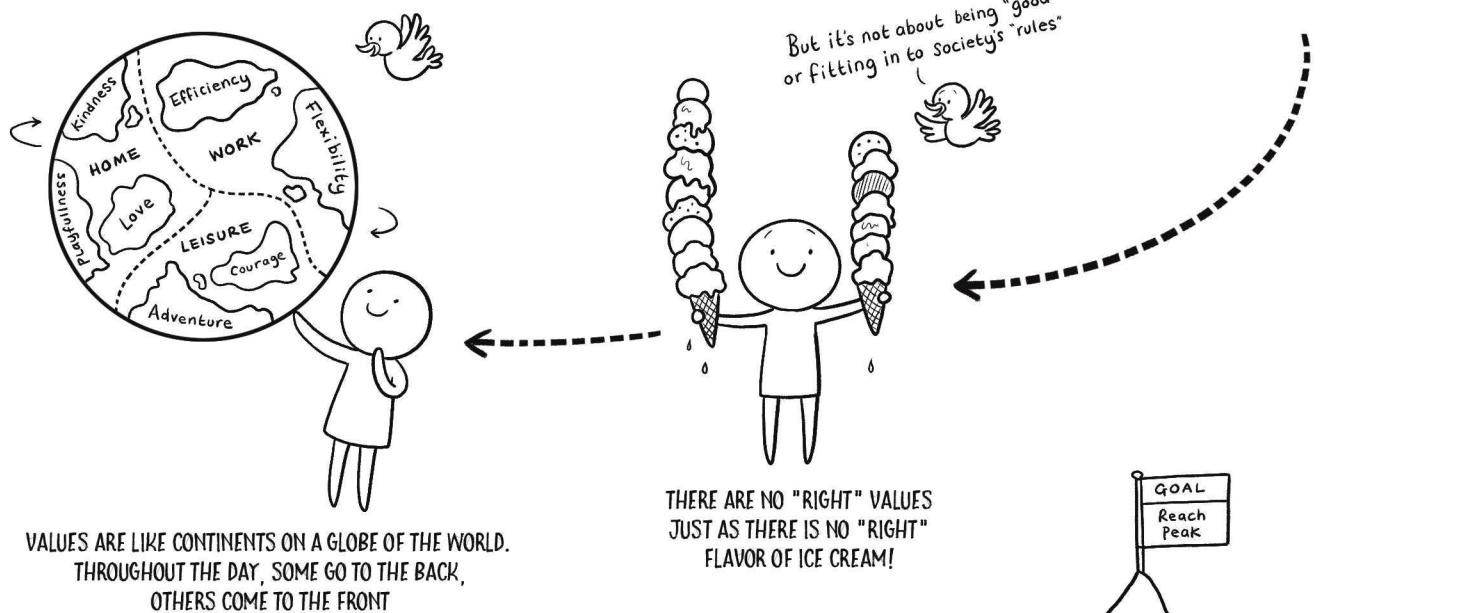
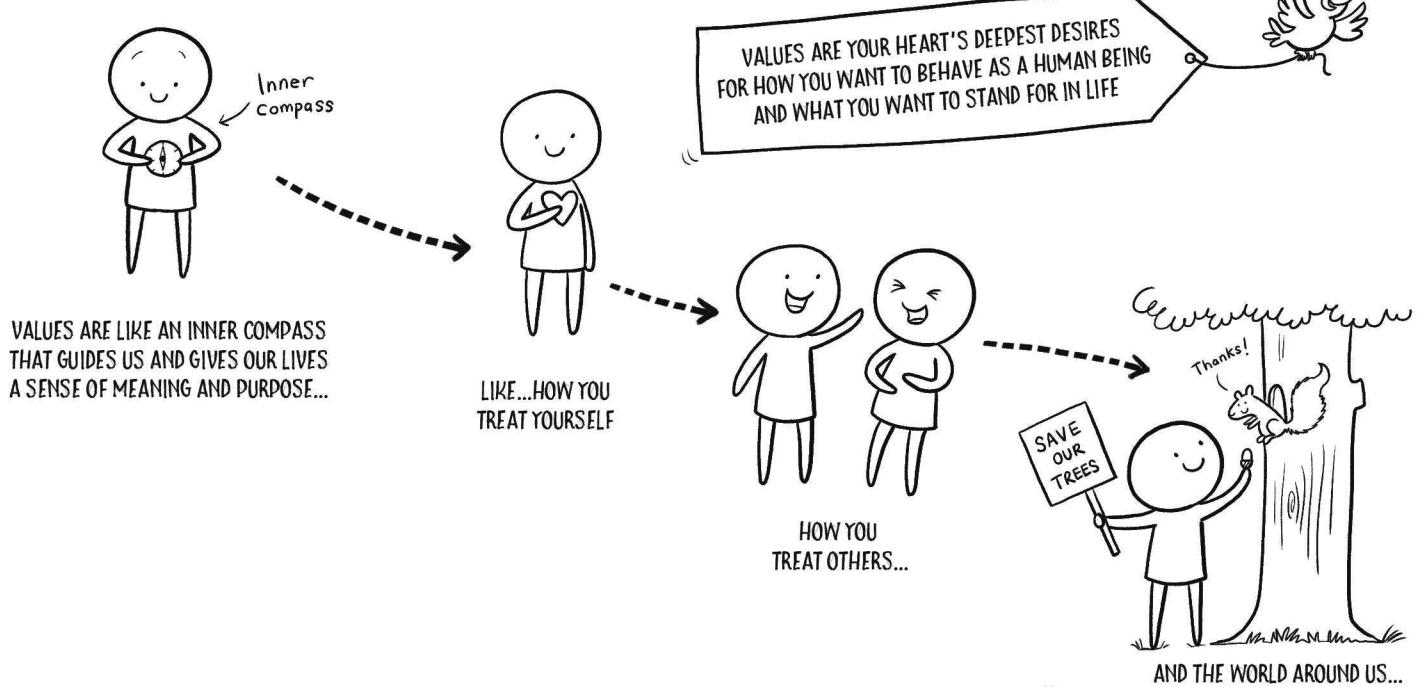


See you next week!

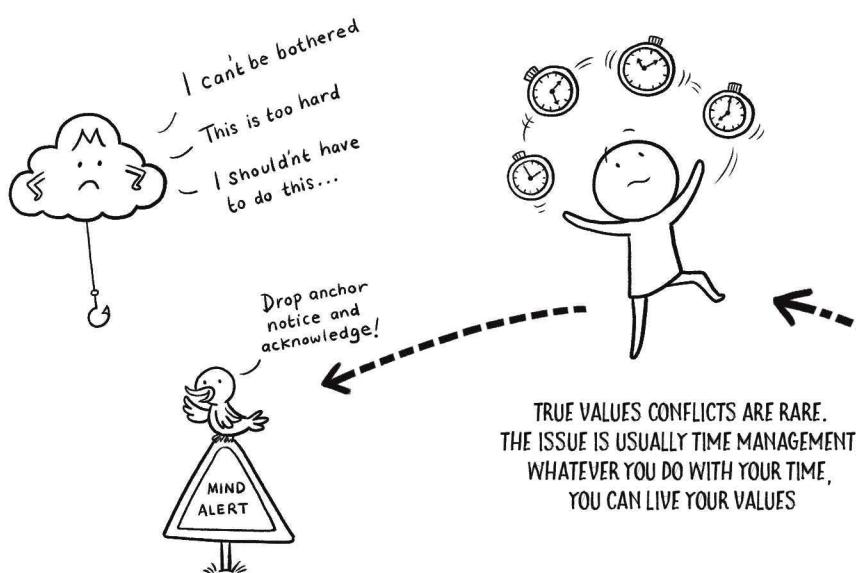
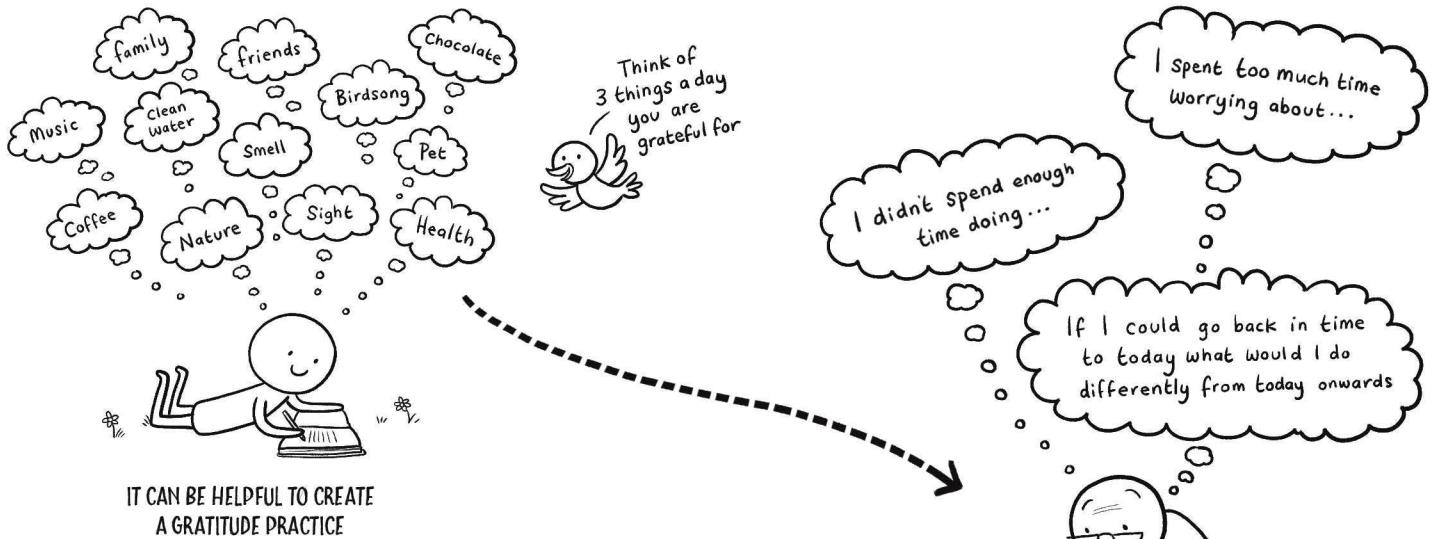
WEEK 5

THE HAPPINESS TRAP WEEK 5 PART A

VALUES...

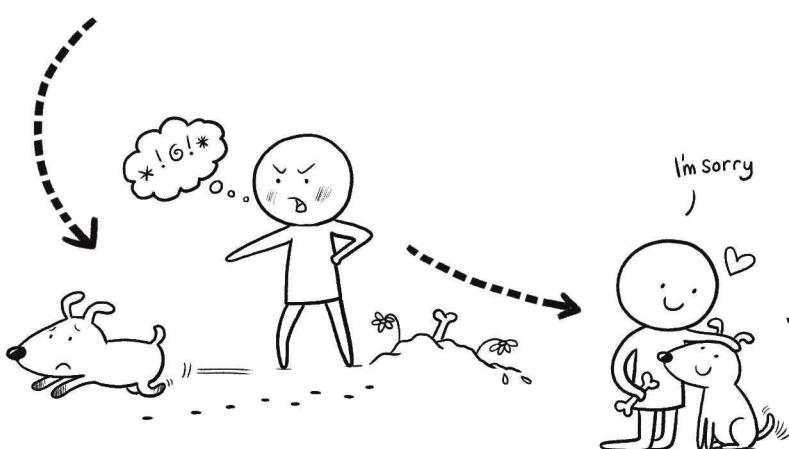


THE HAPPINESS TRAP WEEK 5 PART B

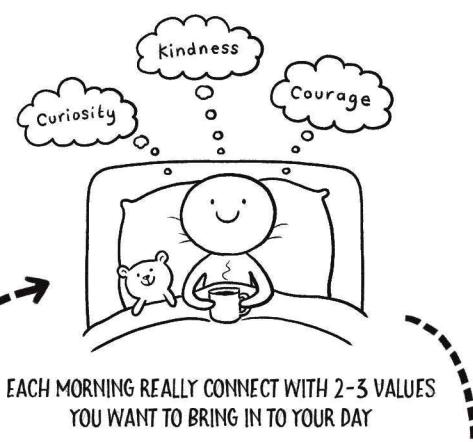


IMAGINE YOU ARE 80 YEARS OLD LOOKING BACK ON YOUR OWN LIFE AND ASK YOURSELF...

LOOK OUT FOR WHAT YOUR MIND MIGHT BE TELLING YOU ABOUT VALUES



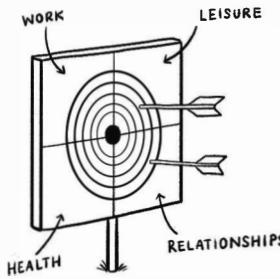
WE ALL FORGET OUR VALUES AT TIMES BUT ONCE WE NOTICE WE CAN GET BACK ON TRACK-SO AWARENESS IS KEY
THE MORE WE PRACTICE BEING AWARE, THE EASIER IT GETS



Practice flavoring and savoring your days with your chosen values and see you next week!

WEEK 6

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



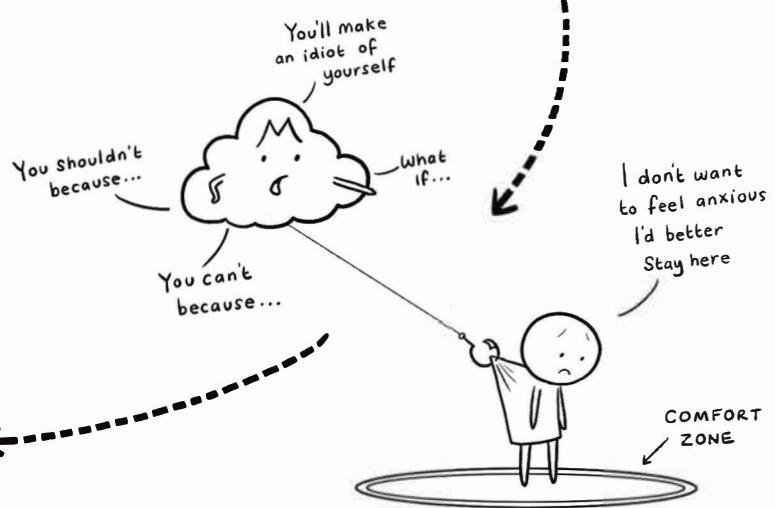
THE COMFORT ZONE

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

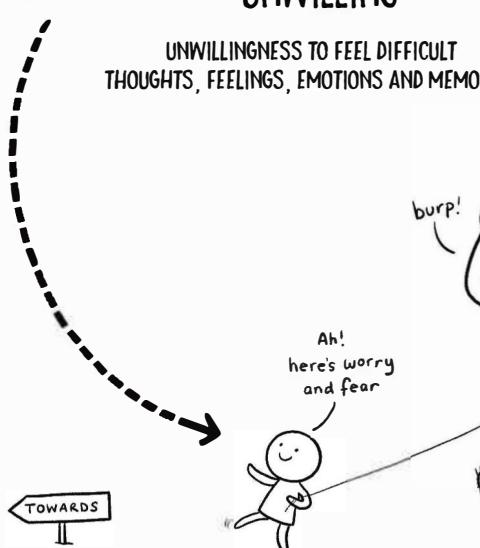


UNWILLING

UNWILLINGNESS TO FEEL DIFFICULT
THOUGHTS, FEELINGS, EMOTIONS AND MEMORIES

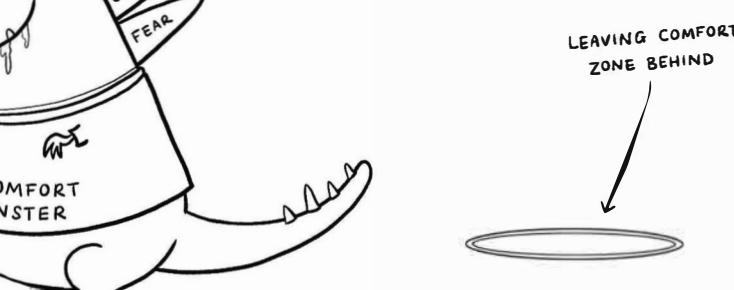


WE CAN GET STUCK HERE WHEN WE GET
HOOKED BY OUR REASON GIVING MACHINE



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

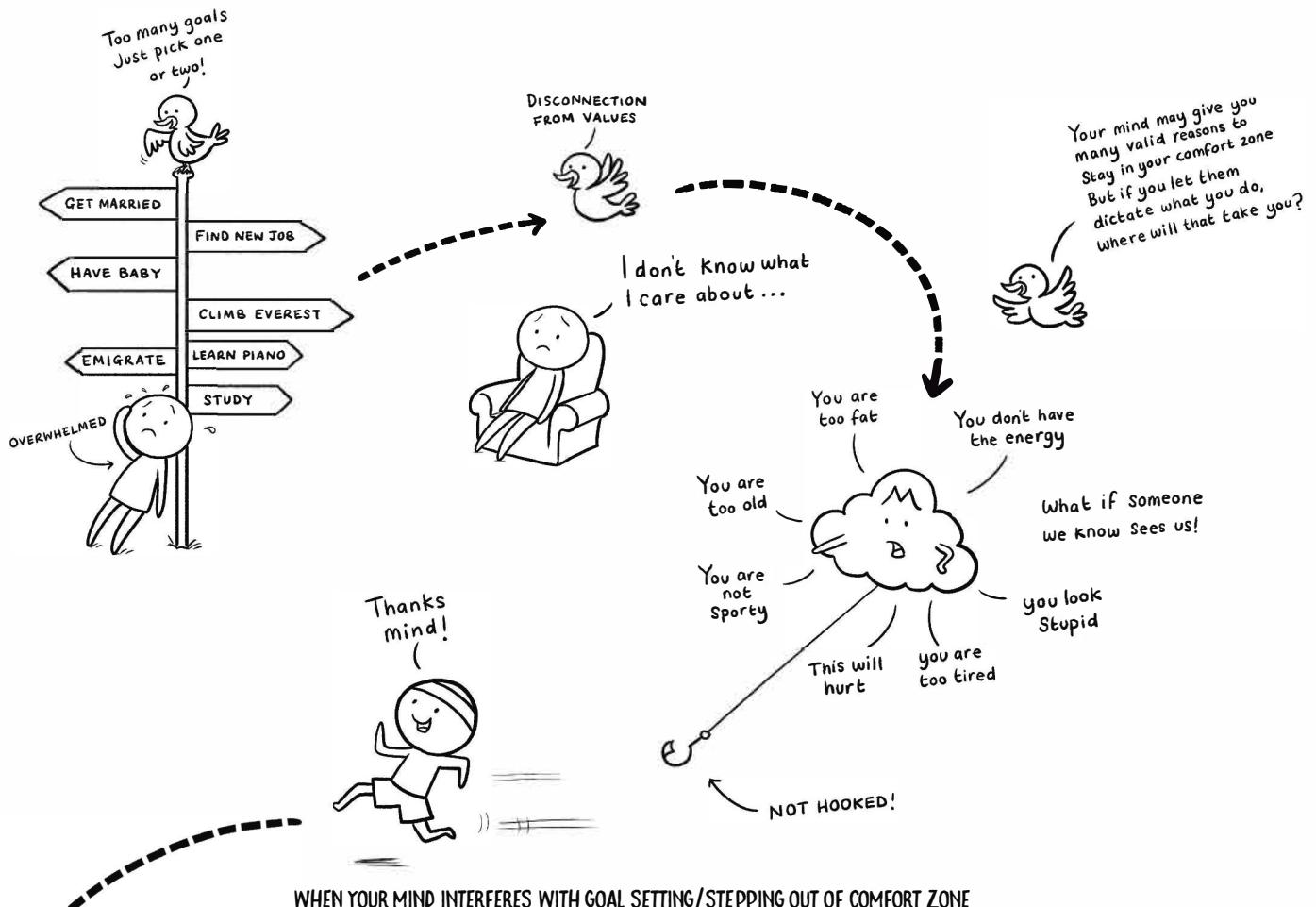
WILLING



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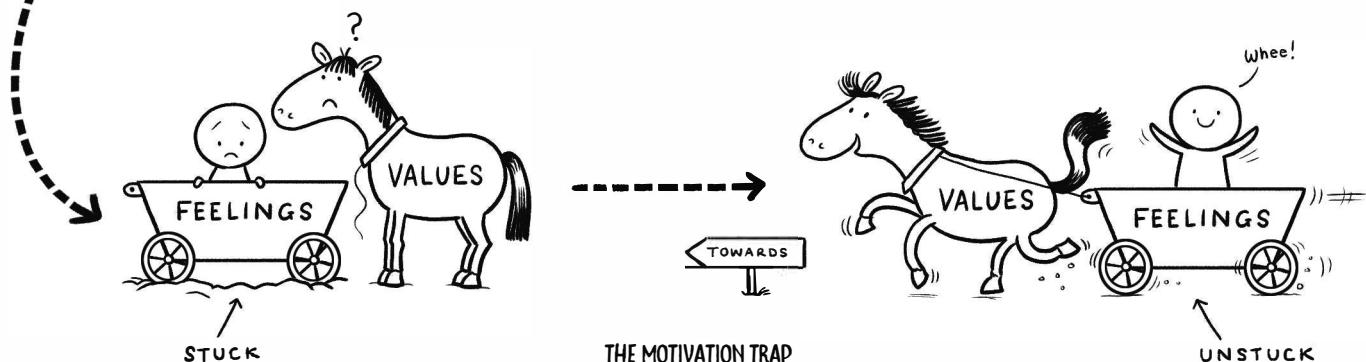
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THE HAPPINESS TRAP WEEK 6 PART B

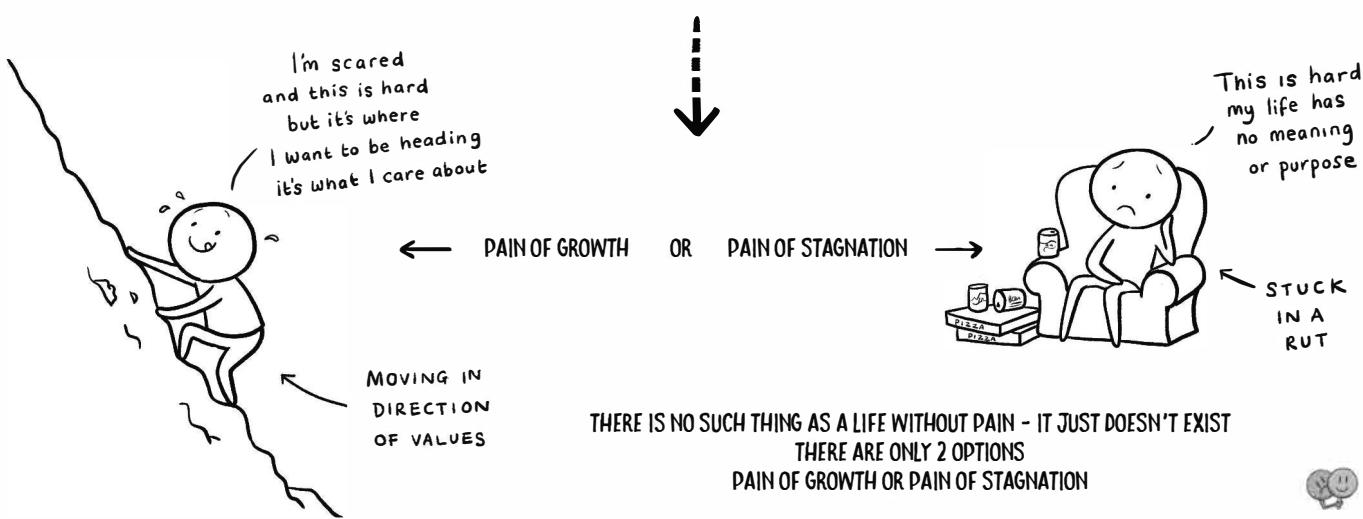


WHEN YOUR MIND INTERFERES WITH GOAL SETTING/STEPPING OUT OF COMFORT ZONE

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

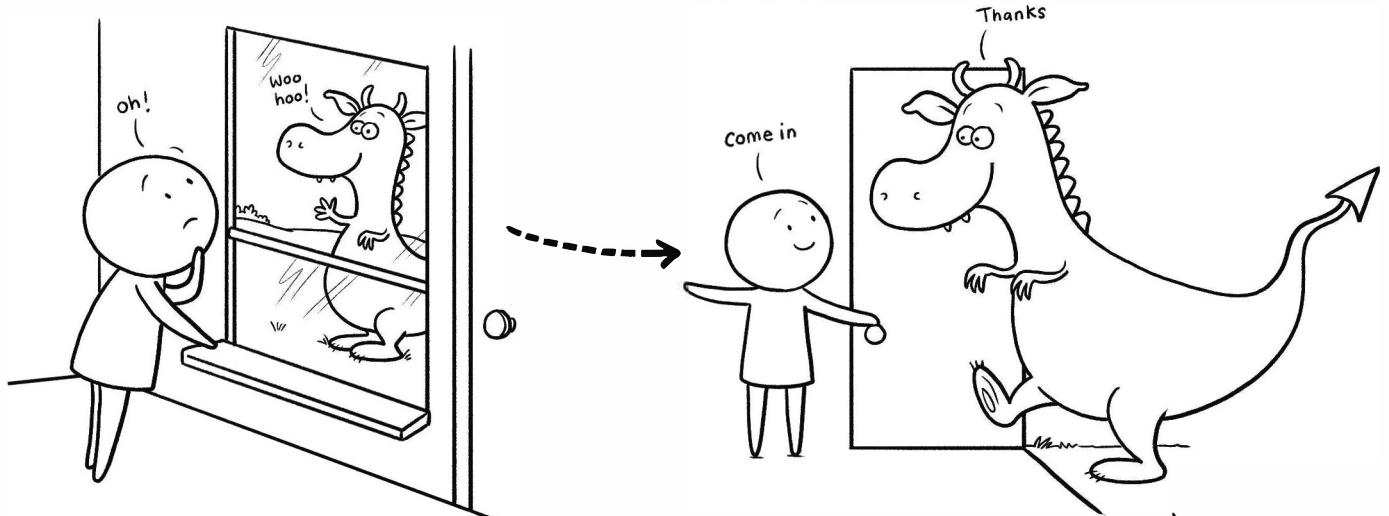


WAITING UNTIL YOU "FEEL" LIKE DOING SOMETHING IS LIKE PUTTING THE CART BEFORE THE HORSE
DON'T RELY ON FEELINGS - RELY ON VALUES - LET THEM BE YOUR MOTIVATION



THE HAPPINESS TRAP WEEK 6 PART C

THE 3 A'S OF ACCEPTANCE



ACKNOWLEDGE

ALLOW

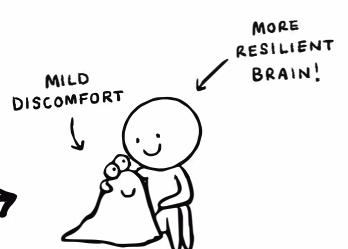
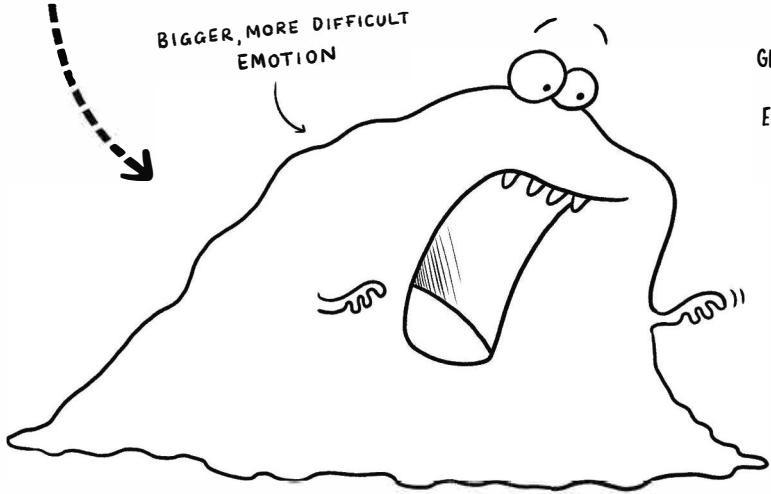
mmm
tea & biscuits



ACCOMMODATE

BIGGER, MORE DIFFICULT
EMOTION

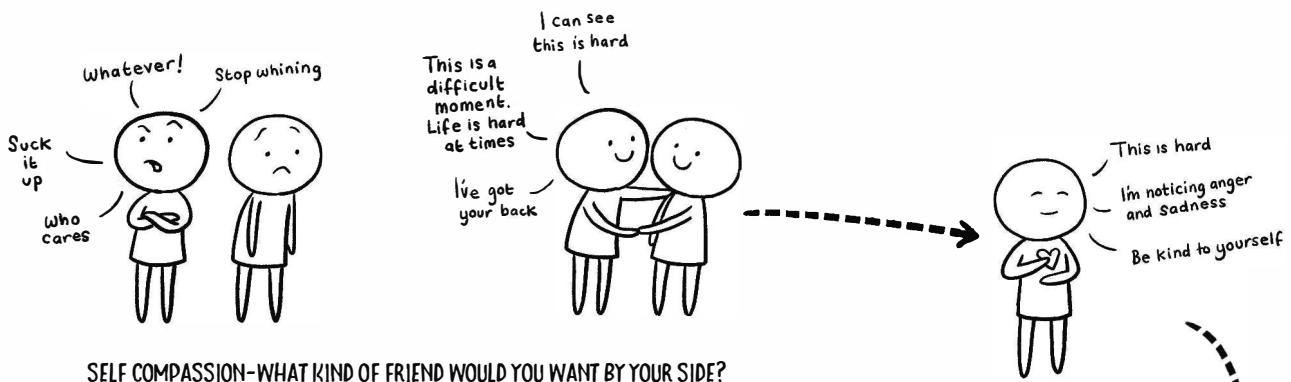
GRADUALLY BUILD UP TO ACCEPTING BIGGER MORE DIFFICULT EMOTIONS
PRACTICE WITH MILD TO MODERATE EMOTIONS FIRST
EACH TIME YOU PRACTICE YOU ARE BUILDING NEW NEURAL PATHWAYS



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THE HAPPINESS TRAP WEEK 6 PART D

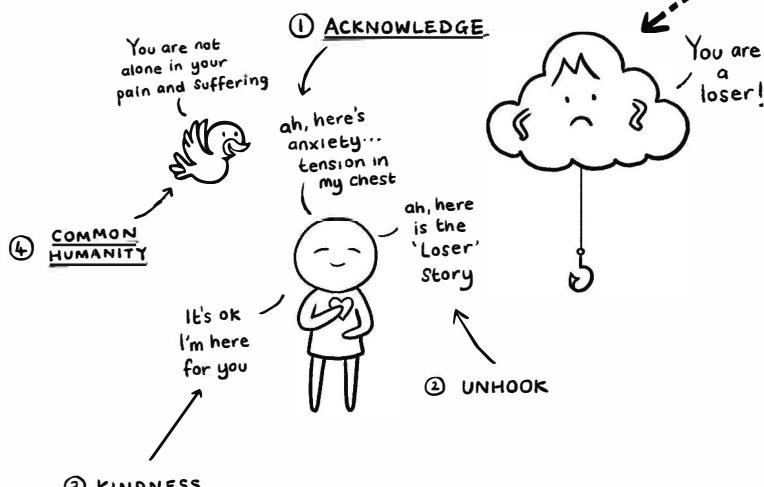


SELF COMPASSION-WHAT KIND OF FRIEND WOULD YOU WANT BY YOUR SIDE?

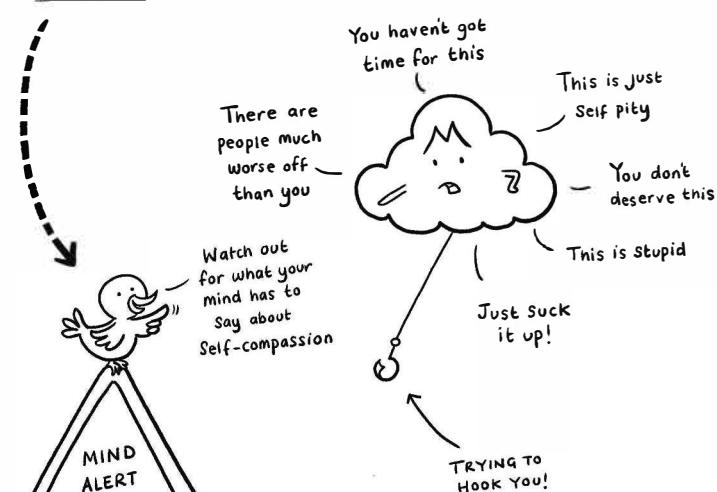
COULD YOU TRY TO BE THIS KIND OF FRIEND TO YOURSELF?

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



SCIENCE HAS SHOWN THAT SELF-COMPASSION CAN INCREASE WELLBEING AND HELP REDUCE SUFFERING, PAIN AND STRESS



Look for opportunities to practice your acceptance and Self-compassion skills... and see you next week!



WEEK 7

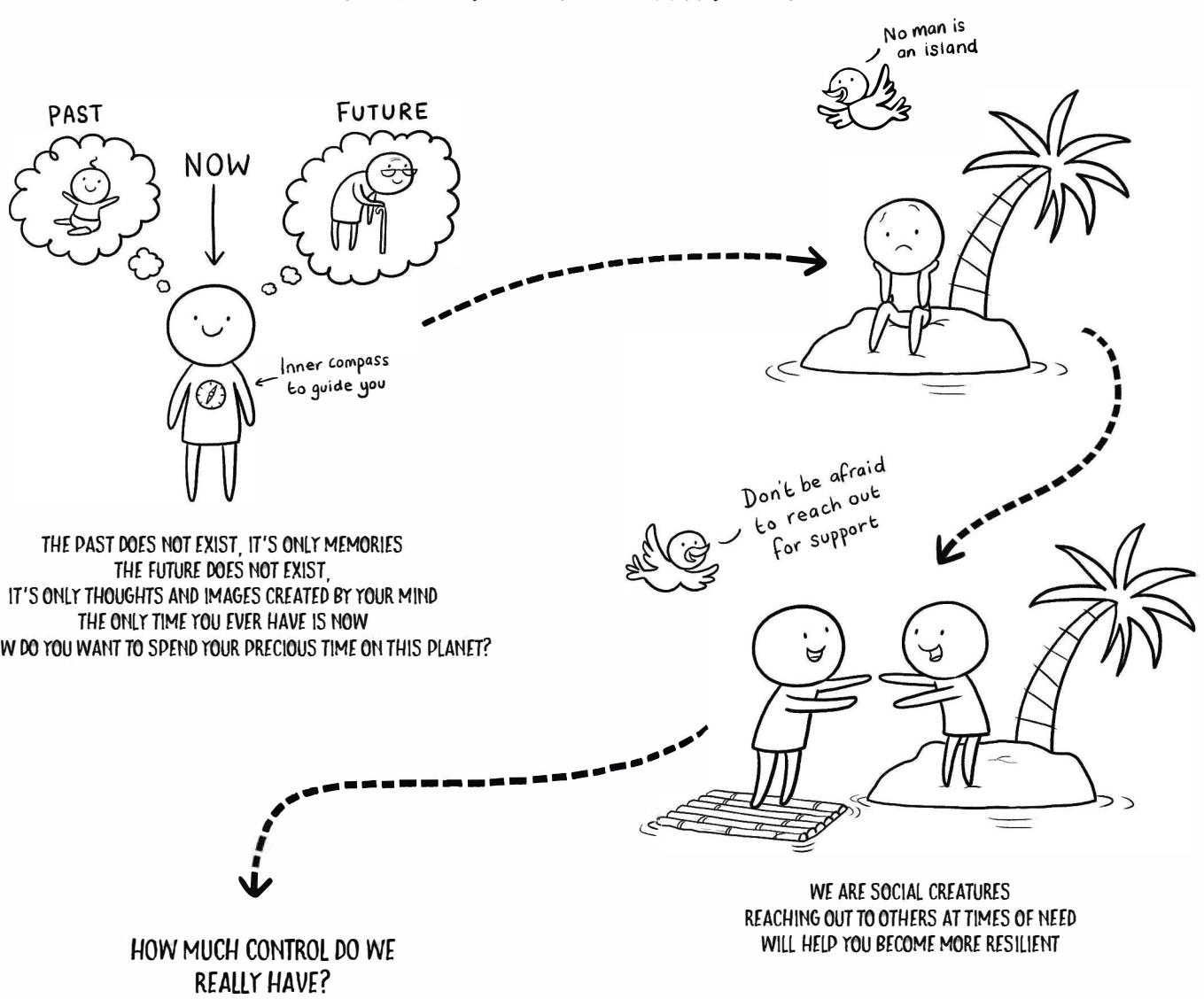


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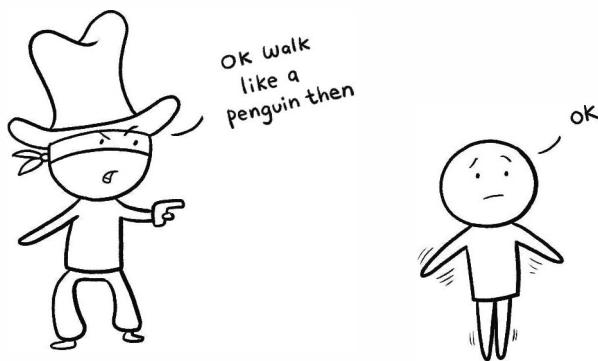
THE HAPPINESS TRAP WEEK 7 PART A



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



THE CHALLENGE FORMULA

In any challenging situation, you have 3 choices

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

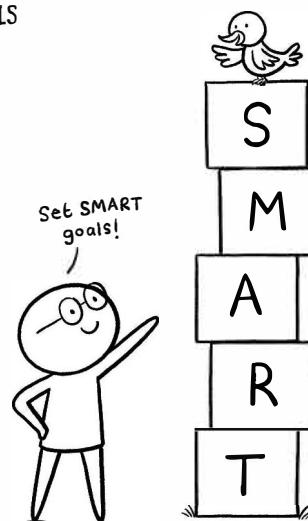
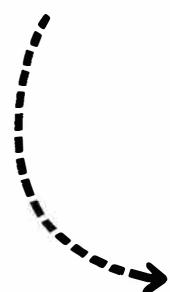


SETTING GOALS



BIG GOAL!

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



SPECIFIC-(NOT WISHY WASHY) WHEN SETTING GOALS

MOTIVATED BY VALUES-WILL GIVE YOU MEANING AND PURPOSE

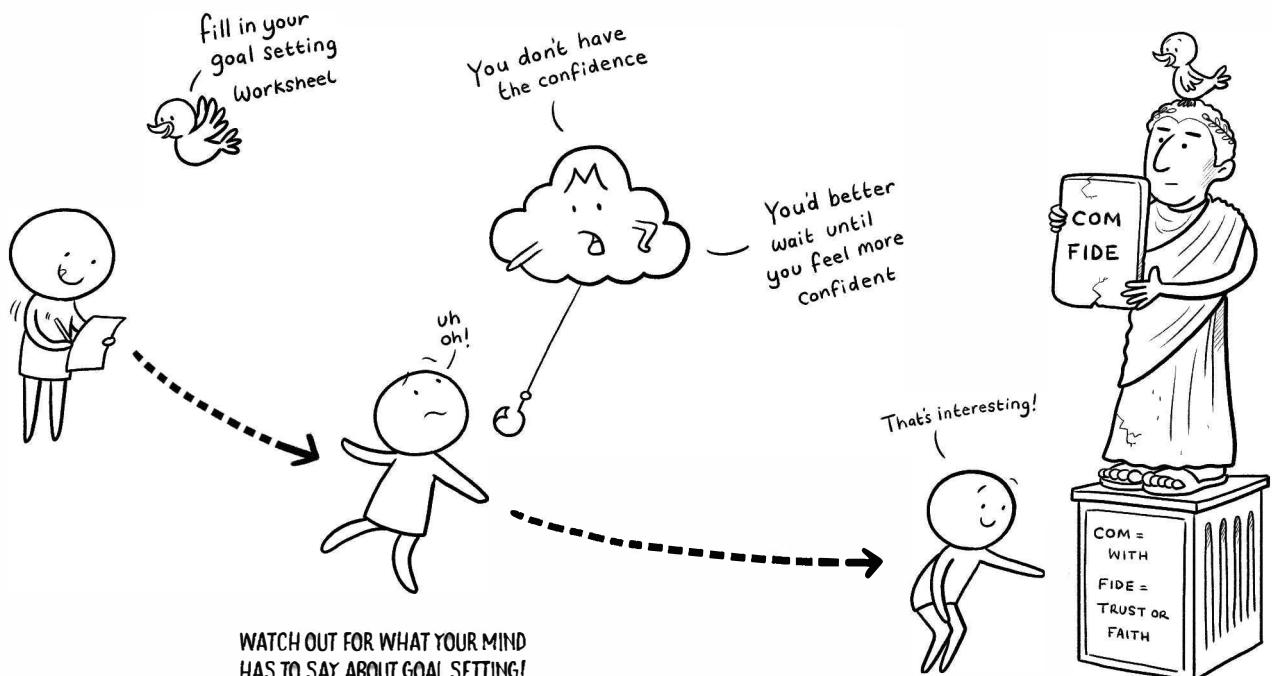
ADAPTIVE-BE FLEXIBLE TO CURRENT LIFE CIRCUMSTANCES

REALISTIC-BE AWARE OF CURRENT RESOURCES AVAILABLE

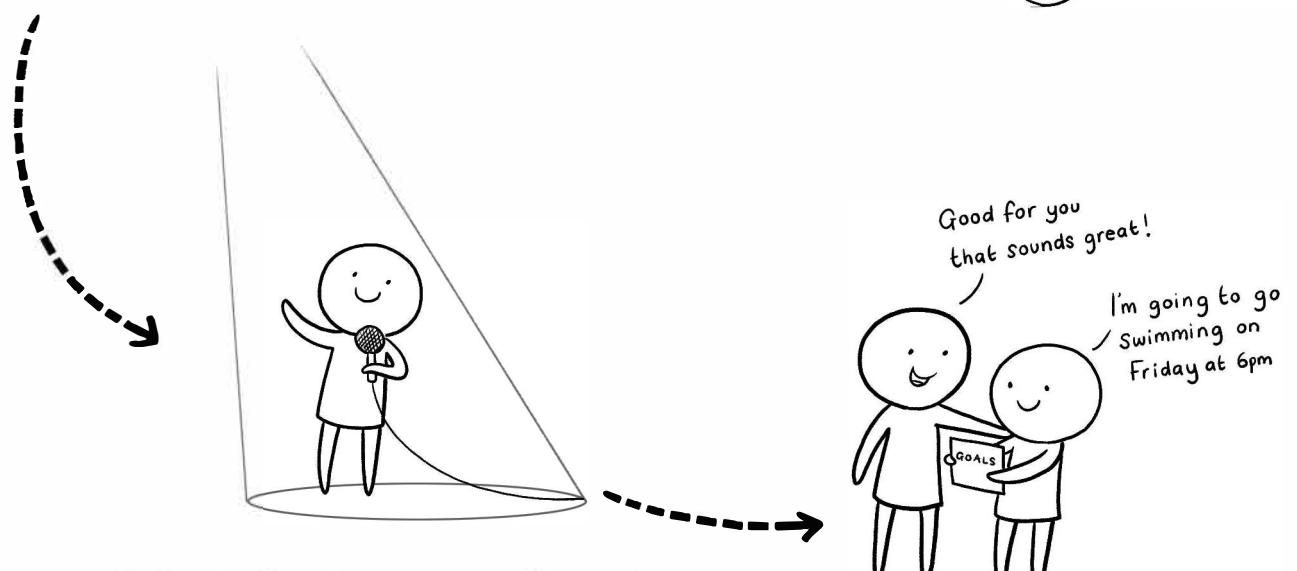
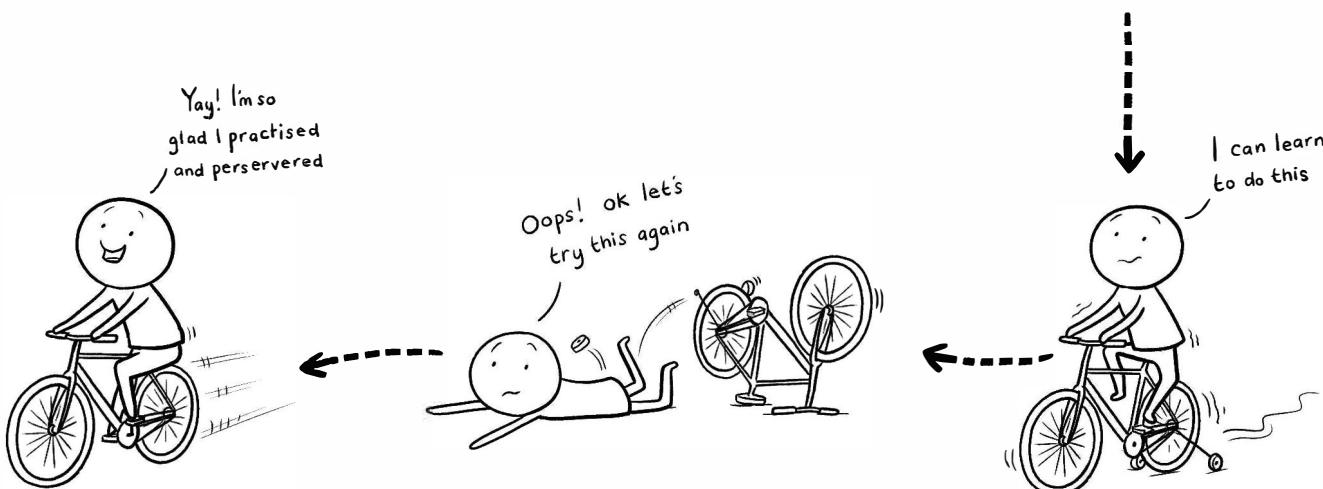
TIME FRAME-WHEN ARE YOU GOING TO START, SET A FIRM DATE?



THE HAPPINESS TRAP WEEK 7 PART C



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

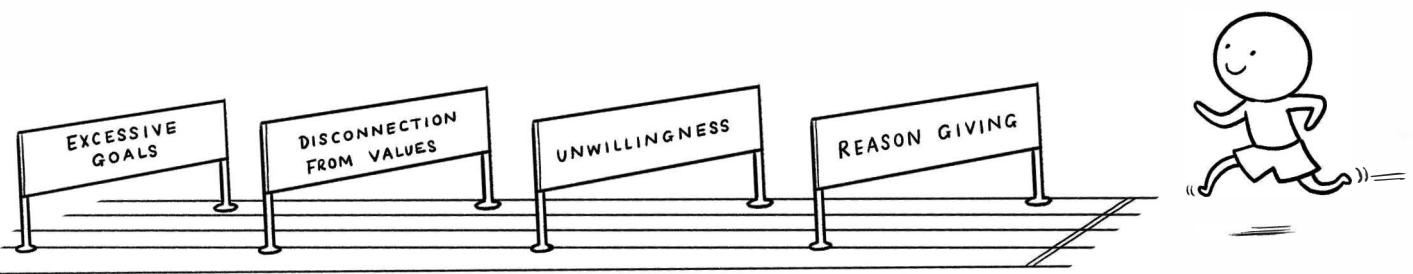


YOU DON'T HAVE TO FEEL RELAXED AND FEARLESS ON THE INSIDE
TO DO WHAT MATTERS TO YOU
YOU CAN HAVE FEELINGS OF ANXIETY AND DO IT ANYWAY

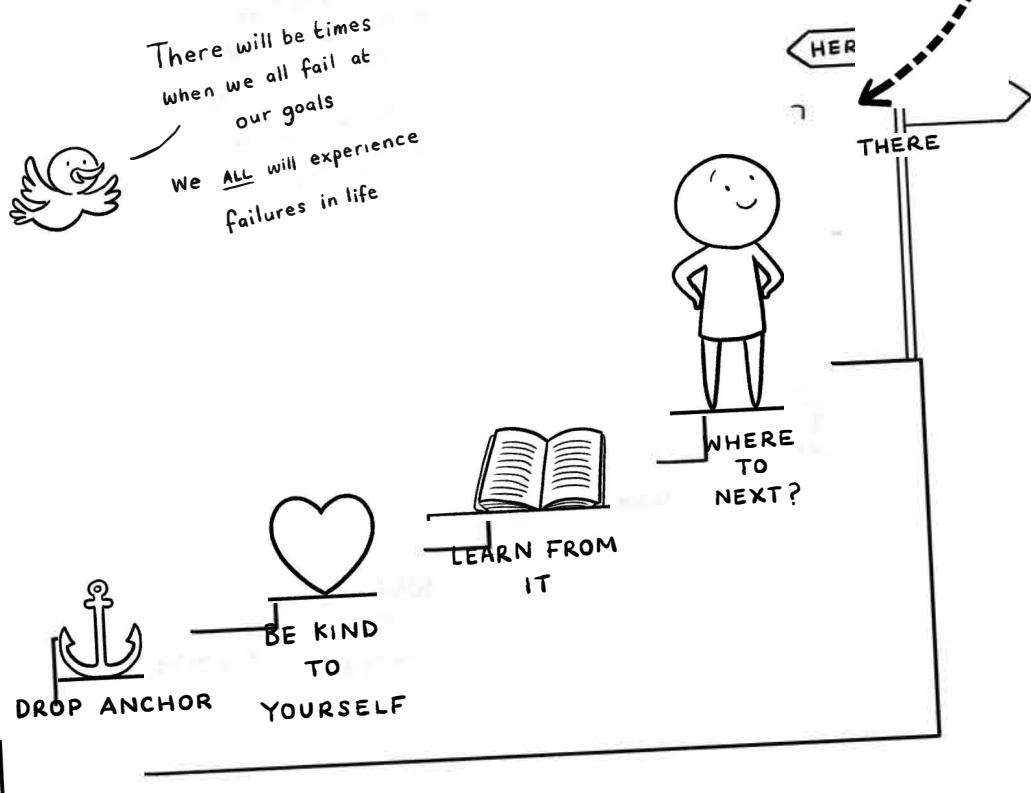
SHARE YOUR GOALS WITH PEOPLE YOU TRUST AND WHO WILL SUPPORT YOU



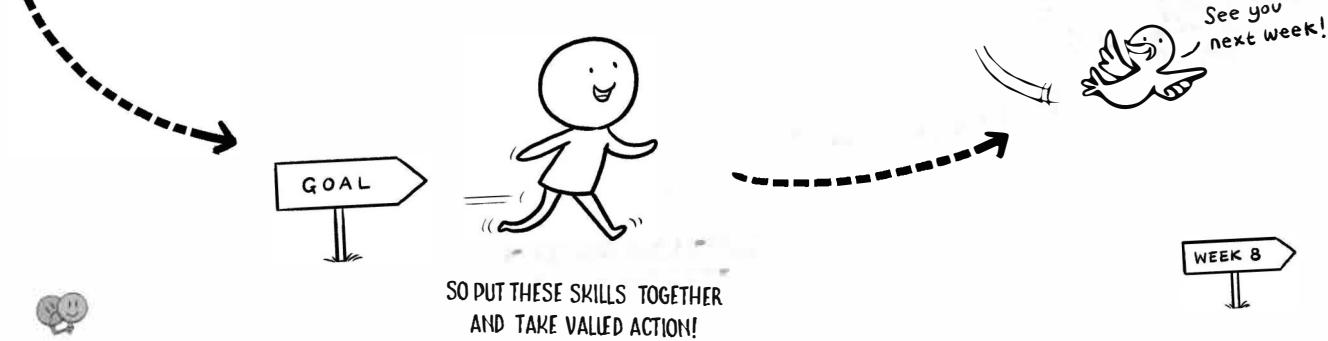
THE HAPPINESS TRAP WEEK 7 PART D



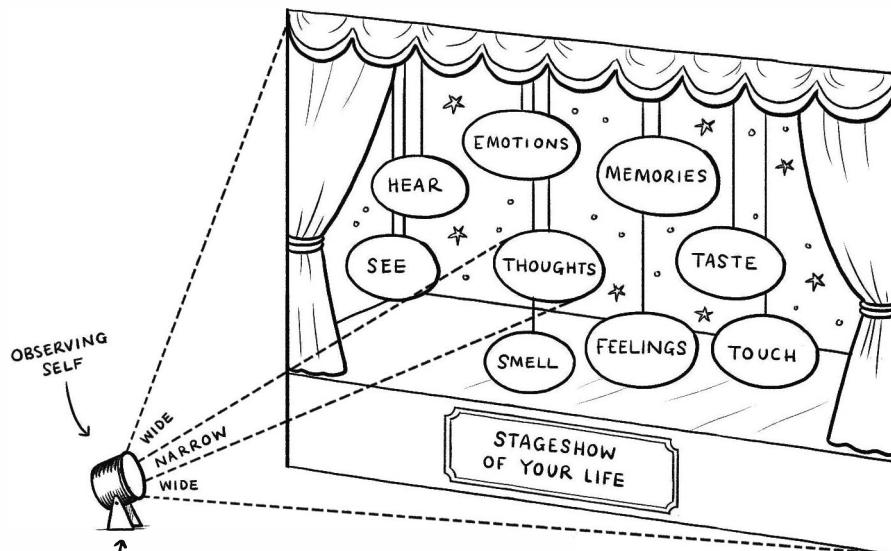
BE AWARE OF BARRIERS THAT WILL SHOW UP WHEN GOAL SETTING



THE 4 STEPS TO TAKE WHEN EXPERIENCING FAILURE



THE HAPPINESS TRAP WEEK 8 PART A

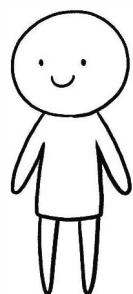


THERE IS A STILLNESS INSIDE YOU WHERE YOU ARE WITNESS TO WHAT IS HAPPENING IN YOUR BODY AND MIND

THE OBSERVING SELF IS THE PART OF YOU THAT DOES ALL THE NOTICING

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

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



Let me tell you the story of you...

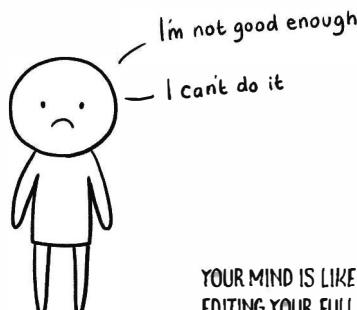
You can't do it
You're not good enough



Hmm.
Some of these
Stories are true
and some aren't.
The question is,
are they helpful?

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

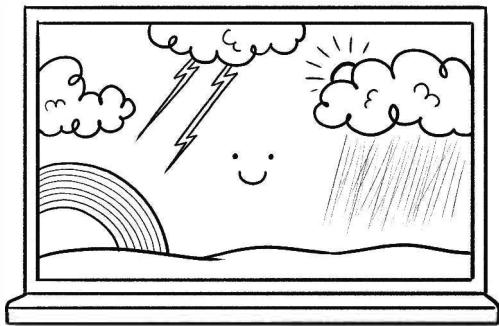
Perfect!
Cut!



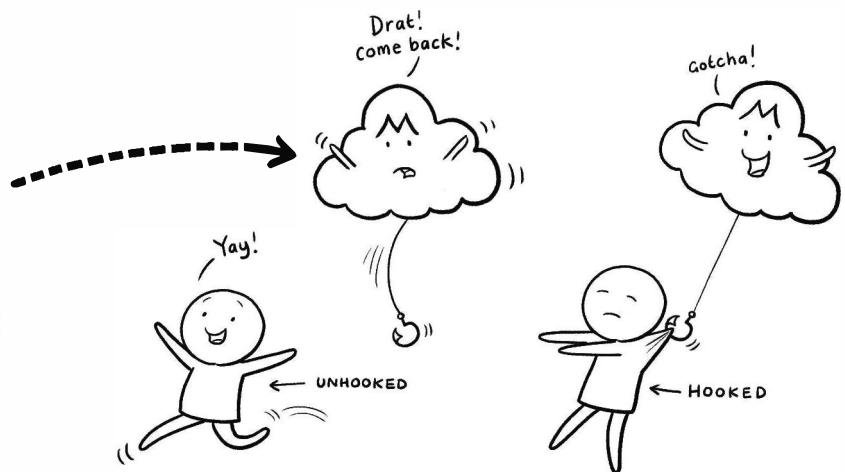
YOUR MIND IS LIKE THE MOST BIASED DOCUMENTARY MAKER
EDITING YOUR FULL LIFE STORY TO A 5 MINUTE YOUTUBE CLIP



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



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

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!

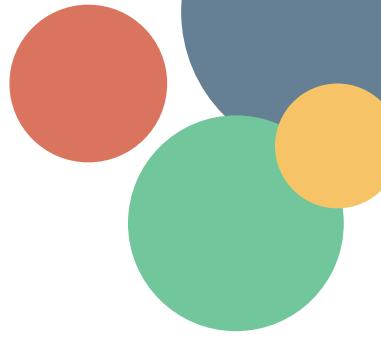


LIFE IS A DARING ADVENTURE OR NOTHING

You've got this!

YOUR FUTURE





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