

AIM: ACT Phrases to Go

<p style="text-align: center;">Acceptance:</p> <p>(P) Accepting that you had to do work now was awesome. I know it can be hard to do sometimes.</p> <p>(P) I see you are accepting that's time for work.</p> <p>(P) I see you accepted that free time is over.</p> <p>(P) I know you want me to help you now, so thanks for accepting I will be there soon.</p> <p>(N) You have to accept that everything is not going to be perfect. And that's ok.</p> <p>(N) I know you really wanted X to happen. Accepting we have to do work is part of the day.</p> <p>(N) Your points are not high enough to buy X. Let's buy something else and accept it's a bummer. Let's get ready for next time.</p>	<p style="text-align: center;">Defusion:</p> <p>(P) Letting go of that thought was rough to do. Good job remembering what's really important.</p> <p>(P) You let go of your disappointment and did not lose points. Way to go!</p> <p>(P) Great job not responding to those comments/thoughts. Good defusion!</p> <p>(N) You don't need to be fused to that thought now. We have other things to do.</p> <p>(N) Are you letting those thoughts control you? Why don't you defuse them?</p> <p>(N) Cut the fuse off this mess, and let's get back to earning points.</p>
<p style="text-align: center;">Self-as-Context:</p> <p>(P) I like how are being the real (STUDENT NAME) right now!</p> <p>(P) I noticed that you seem ok right now being who you really are.</p> <p>(P) I like how you put that mess in the back of your mind for now, and are focused on right now.</p> <p>(N) Are you acting like the real you right now or is this behavior just the thoughts you have?</p> <p>(N) Are these thoughts just what other people say, or is this TRUE?</p> <p>(N) Are these thoughts descriptions or evaluations?</p> <p>(N) Where is the real (STUDENT NAME) right now?</p>	<p style="text-align: center;">Values:</p> <p>(P) I really like the way you are doing X. You must be working towards getting stuff you value from the store later today.</p> <p>(P) You are letting me know you value (learning/friendship/graduation/etc.) by doing (work/participating, etc.).</p> <p>(P) You are getting really close to getting your X. Keep chasing those values.</p> <p>(N) (Remember) what you are working for?</p> <p>(N) Do you value buying (bad behavior point removal), or buying (stuff in the store)?</p> <p>(N) You told me earlier that you wanted to buy X. Have you changed your values now that you are doing (bad behavior) instead?</p>
<p style="text-align: center;">Present Moment:</p> <p>(P) I really like how you are staying in the present now and not letting other stuff bug you.</p> <p>(P) I like how you are focusing on X. You are in the present moment! Way to go.</p> <p>(P) Way to block out those distractions right now. Hold on to the present.</p> <p>(N) Worrying about the future or what you think is happening is not part of the present.</p> <p>(N) That's all fine I guess, but I am staying in the present. Are you?</p> <p>(N) Are you right here right now, or have you drifted into the past to worry about x?</p>	<p style="text-align: center;">Committed Action:</p> <p>(P) You are doing a great job staying committed to your values. It's hard sometimes but you are keeping on track.</p> <p>(P) You are not letting of anything get in your way of completing your work today. Awesome! Stay committed!</p> <p>(P) I love how you came back and did X after you fell off the path towards your values.</p> <p>(N) I think you wanted to buy X later at cash out. Are you moving towards or away from the thing you value? Let's get back on track!</p> <p>(N) Doing X is not being committed to your values. Those are still your values, right?</p> <p>(N) Can you jump over this mess and stay committed to your value?</p>