

**5 Senses Experience**  
anyone could see  
taste, touch, see, hear, smell

3. What have you been doing so far to cope/deal and move away from the internal stuff you don't want to deal with? (drink, watch TV, withdraw, argue)

4. What small acts/behaviors could you do that would move you toward what's important to you (while still having the unwanted internal stuff). \* Think small.

**AWAY**

Psychological  
Flexibility

**TOWARD**

2. What internal stuff gets in the way of moving toward what's important to you? (thoughts, emotions, urges, bodily sensations)

1. What's important to you? (Values)

**Mental Experience**  
only we can see  
thoughts, emotions, motivations, concerns