

Appropriate Management of Your Mind:

- A** = Attune      Accept Authorship: Own Up to Managing Your Mind's Story of "Me."
- P** = Pause      Mindfully Pay *Attention & Defuse*: Hey, You! --Watch Your Thoughts!
- P** = Ponder      Choose Your Valued Outcome: Never Mind Your Mind's Outcomes
- R** = Respond    Actions are Gracefully Chosen and Guided by Skillful Means.
- O** = Open      Dedicate Behaviorally: Momentary Action & Valued Life Direction.
- P** = Proceed    Behavior Activation: Persevere & Work Toward What You Want
- R** = Rehearse    Sustain Contact With Your Mind: Watch Your Mind at Work.
- I** = Invite      You, Dear Author: Accept or Reject Delivery of Your Mind's Barriers
- A** = Awake      Remain Fully Aware: Acting on Your Chosen Valued Life Direction
- T** = Tolerance    Willingly Turn Toward Distress & Take Previously Avoided Risks
- E** = Experience    Be-Aware of Reflexive Experiential Avoidance & Clean Discomfort

*Get Out of Your Mind and Into Your Life!*

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A = Accept

C = Commit

T = Take Working Action

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Attune to Others: Becoming Skillfully Loving

A = Awareness

T = Turning Toward

T = Tolerance

U= Understanding

N = Non-Defensive Responding

E = Empathy