The Five Facets of Mindfulness:
Using Pivot Points
The Five Facet Model of mindfulness interventions (as described in "Inside This Moment: Promoting Radical Change in Acceptance and Commitment Therapy" by Kirk Strosahl and Patricia Robinson) describes a number of different processes that occur within present moment work.

These prompt sheets offer guidelines for how to elicit and process each facet during the therapeutic conversation.

Pivot points are those moments when we have the opportunity to turn towards what matters. They offer the chance to help people move away from automatic, habitual styles of unworkable rule governed responding and pivot towards freely chosen, focused, self-compassionate, value-based actions. The practitioner has the chance to create a context that encourages, scaffolds and supports moves towards values at these points.

These worksheets are designed to give some suggestions for helping identify Pivot Points and use them effectively.
1. **Noticing what is there**

Noticing is the skill that underpins all of present moment work and involves deliberate contact with the present moment contact. When exercised, this skill moves from problem-solving mode into observer-mode. This pivot point offers the chance to move out of auto-pilot and into awareness.

**Key points:**

1. **Orient** – Is your client turning to the context of your encounter?
2. **Focus** – Is the client able to focus-in / narrow their attention to specific parts of their experience e.g. upset and pain?
3. **Shift Attention** – Is your client able to shift attention between parts of their experience or do they get lost in specific elements e.g. sitting motionless or returning again and again to an unhelpful / fused narrative?

**Instructions:**

“As we are talking about this right now, what is showing up inside for you?”

“I noticed a tear in your eye. What is happening for you right now?”

“You seemed uncomfortable as we were talking about this. Can you tell me where you experience that discomfort in your body?”

“Talking about this must be painful for you. What are you aware of going on inside right now?”

“What thoughts, memories, feelings or urges are showing up inside right now?”

“If I could invite you to pause here, what shows up in your body?”

“I really notice you lighten up as you talk about this. How vital and engaged do you feel right now? What tells you that?”

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2. Describing What Is There

Once an experience has been noticed, it can be useful to facilitate objective verbal description of the experience. This focuses on using descriptive whilst minimizing judgmental or evaluative language. This helps to reduce the overwhelming nature of emotion that is un-named and increases the client’s ability to share their internal world.

**Key points:**

1. **Naming** – Help the client to give the sensation, feeling or emotion a name that emphasises the body experience and not solely the cognitive qualities (for example, “sadness in my tummy” rather than “I feel like I’m going to lose everyone important to me”).

2. **Use descriptive words** – Encourage descriptive words in place of evaluative words. Descriptive words such as “spikey”, “heavy”, “painful” rather than “nasty”, “dangerous” or “toxic” facilitate turning towards what is there, rather than fusion with what the mind says is there.

**Instructions:**

“Can you tell me what that (thought, emotion, association memory or sensation) is that you are aware of right now?

“Can you give that (thought, emotion, association memory or sensation) a name?”

“What word would you use to describe that (thought, emotion, association memory or sensation)?

“Can you just name what is there for you right now, without evaluating it or judging it?”

“If you were an alien scientist, and you have to report back to Mars, how would you accurately describe this experience you’re having right now?”
Once your client has practiced noticing and describing their experience, the next step is help them cognitively defuse from evaluations of the self, other people, expectations about the future, judgements of the past and rules about what must be done.

**Key points:**

1. **Non-reactivity** – the mind quickly reacts to unwanted emotions by finding ways to avoid or escape. The aim here is to use present-moment focus to hold to what is being thought and felt without engaging in an automatic response to fix.

2. **Disengagement** – It is useful to discern what is helpful and what is not. The task is to help the client shift attention away from narratives that interfere with the client moving towards their life purpose.

**Instructions:**

"Can you just let that (thought, emotion, association memory or sensation) be there without doing anything at all?"

"Would you be willing to lean into that (thought, emotion, association memory or sensation); to deliberately make contact with it?"

"Can you just let what is there wash over you, and just embrace it for what it is—your own experience, nothing more and nothing less?"

### 3. Letting Go
4. Softening Into Pain

Softening is an antidote to harsh self-criticisms, judgements and evaluations that can be especially hard to let be. Clients may be concerned that if that stop, they will let themselves off the hook or they won’t meet their internal standards so it’s important to acknowledge this and go slow. Softening allows for an alternative that has the potential to be kinder and more effective.

Key points:

1. **Perspective-taking** – The aim is to help the client shift position on the narrative. This isn’t to ‘correct’ it, but to move perspective so that you see it from a different angle and broaden a viewpoint. This may shine a light on new information or highlight knowledge that has been obscured.

2. **Self-Compassion** – This asks your client to mindfully practice kindness towards themselves, whilst recognising the common humanity in pain and suffering.

Instructions:

“Can you treat yourself the way your best friend would treat you in this moment of pain? Or the way you would treat your best friend if you saw him/her suffering?”

“In this moment of pain, can you treat yourself with kindness, affection and softness?”

“As you experience this inside, can you inhale your resistance to it, knowing that there are countless people at this very second that are suffering just like you are. That you are not alone in the world?”

“Can you imagine being joined with all the other people in the world that are suffering at this exact moment? That you are joined by your humanity and capacity for suffering?”
Practice of all the previous skills lead up to this moment. They are undertaken to facilitate your client choosing a life direction that is based on what matters to them.

**Key points:**

1. **Re-purposing** – The aim is to further reinforce the choice to experience pain by relating it to a bigger life purpose. Here you are helping your client identify what they want (values) now that the strategy to abandon pain in life has been questioned.

2. **Self-Compassion** – Here you explore your client’s ability to make a commitment to living more courageously. Encourage your client to act in accordance with their values in a mindful manner.

**Instructions:**

“As you think about how you would like to carry your pain out into your world, what can you imagine doing differently when this stuff shows up?”

“If your pain was going to push you in the direction of what really matters to you in your life, what actions would you be willing to take to move in that direction, taking your pain with you?”

“If your pain spoke deeply to what truly mattered to you what would it say? And what would it suggest you do in this moment?”

“If your pain is legitimate, honorable and purposeful, what would you like to do with it in your life now?”

“What steps could you take that would show you that you are using your pain as a source of guidance, rather than running from it?”

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**5. Expanding and Experimenting**
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