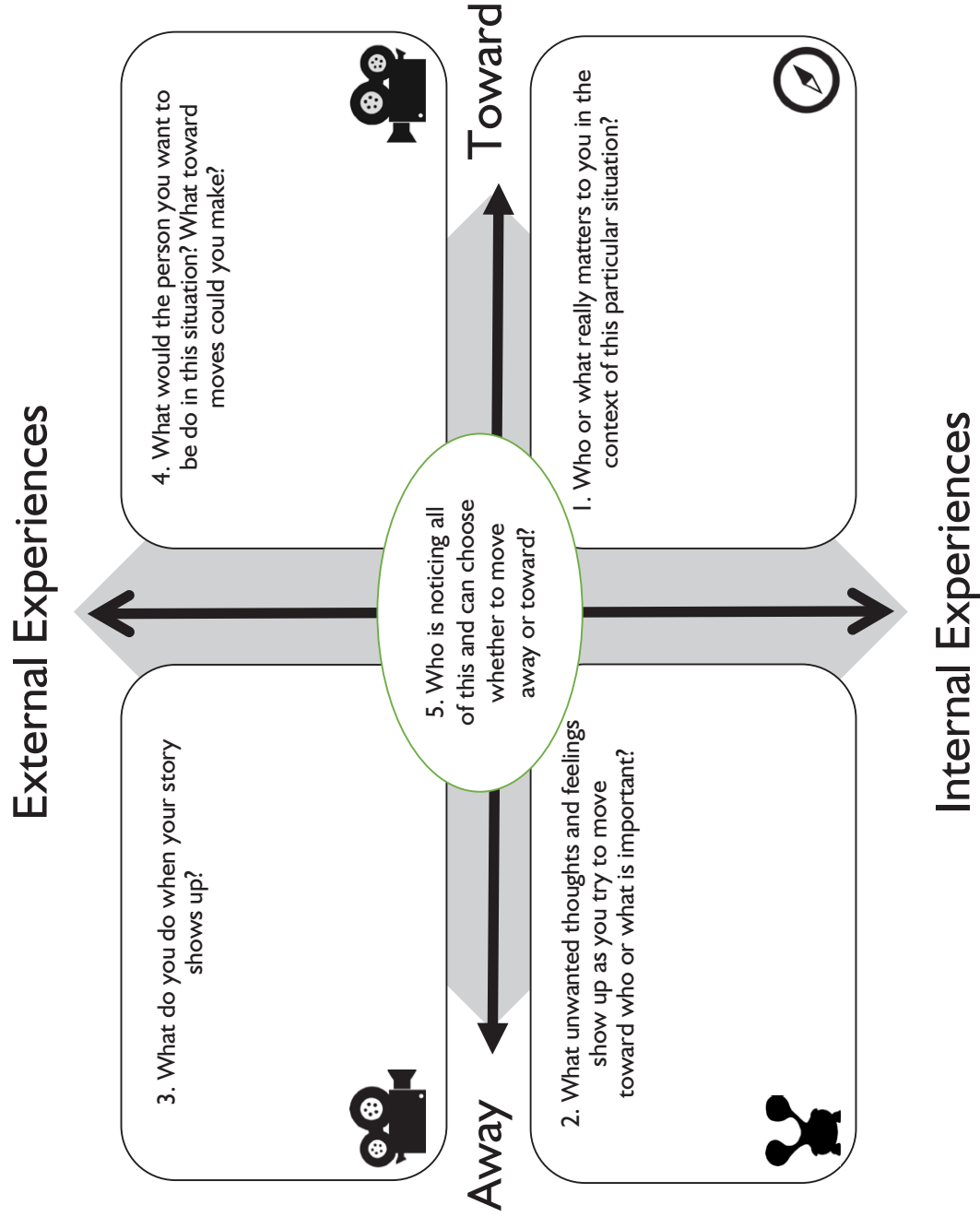


# Notice Your Monster at Work

Situation	
What does the monster look like?	
How did you respond?	
How did your response help?	
How did your response limit you?	

# The ACT Matrix



# Compassionate Prompt Sheet

Describe the situation.	Describe how are you feeling.	What is your self-esteem monster saying to you?	How is your monster helping?	What kind things could you say to yourself?	What do you need to let go of to be kind?	What value is at play here? What actions would you choose to take?

# Mindfulness Recording Worksheet

Date	Which mindfulness exercise did you complete?	What did you observe or notice during the exercise? What was new? What was different from your expectations?	How close or overwhelming did your self-story (or self-esteem monster) feel before the exercise? How close or overwhelming does it feel now?	What benefits have you noticed? Less entangled? Less overwhelmed? More choice over your actions?

# Mindfulness Cheat Sheet

**Pause.** Take a moment to stop what you are doing. Step out of the stream of habit, repetition, and automaticity and become aware of the present moment.

**Find an anchor.** This could be your breath, your body, or what you see, hear, taste, touch, or smell. Wrap your attention around that anchor.

**What do you notice?** Describe as accurately and objectively as you can what you notice in the moment.

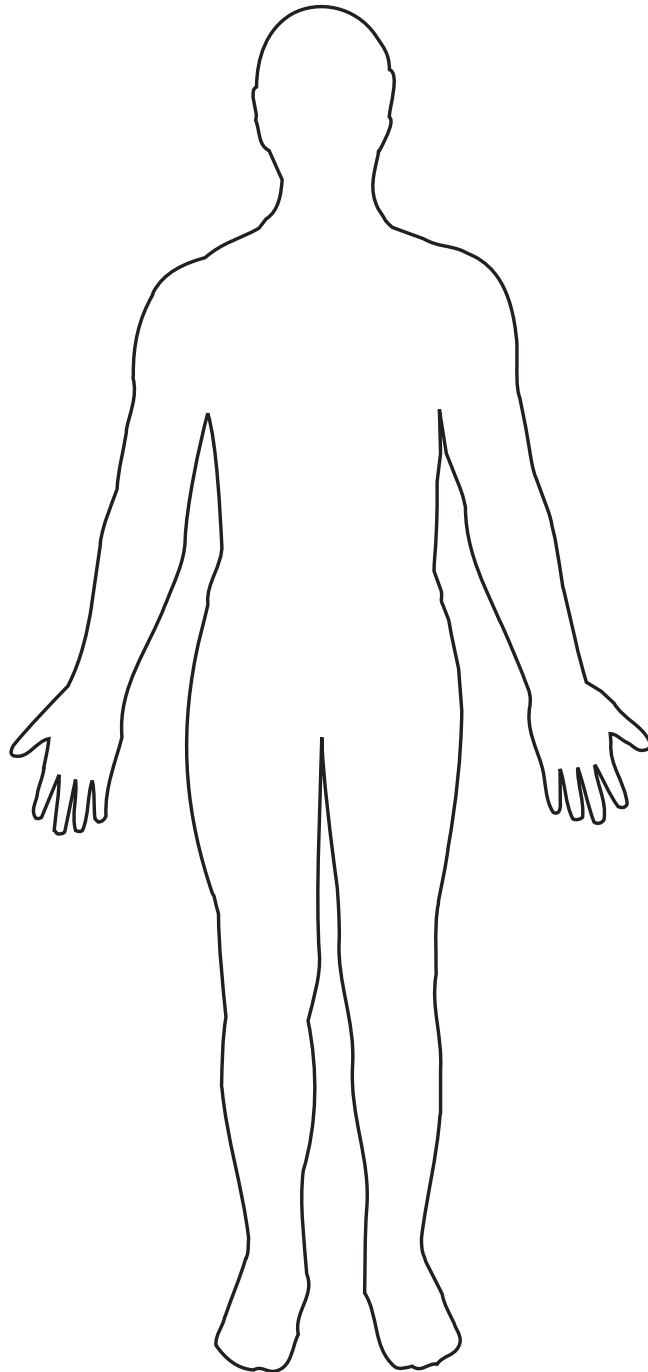
**Bring mindful qualities.** As you notice, see if you can let go of any struggle with what's in the moment. Allow whatever shows up to be as it is. Breathe into the experience and soften up around it.

**What matters?** Now ask yourself, if you were able to choose an action that was consistent with the kind of person you'd like to be (and not how your self-story says you are), what action would that be?

# Observing Exercise

(adapted from McHugh, Stewart, and Almada 2019)

Use the outline of the human body below to practice observing different parts of your experience as they occur. You'll need a pen or pencil to do this exercise, and the audio recording is available at <http://www.newharbinger.com/43031>.



# New Experiences Worksheet

<p>What memories do you have that fall outside what your monster would have you remember?</p>	<p>What qualities, strengths, abilities, or talents do you have that your monster doesn't like to recognize?</p>	<p>What actions have you taken in your life that your monster did not think you would be able to do?</p>	<p>What things do other people say about you that don't fit with all the things your monster says about you?</p>	<p>What would an older, wiser, kinder you, looking back on yourself now, notice about you that the monster can't see about you?</p>

# Comparison Spotting Worksheet

<i>Triggers</i> —What situations do comparisons occur in?	<i>Thoughts and Feelings</i> —What thoughts, feelings, or memories arise in the situation?	<i>Your Monster</i> —What does your monster say about you and how you're feeling?	<i>Avoidance Pattern</i> —What do you do to quiet the monster down?	<i>Impact</i> —What was the effect of your response? What was helpful? What was unhelpful?

# Rubber Bands Recording Worksheet

My Old Behavior	My New Behavior	Specific Actions

# Values List

Adventure

Determination

Loyalty

Authenticity

Fairness

Openness

Autonomy

Faith

Optimism

Community

Fun

Peace

Compassion

Growth

Respect

Connection

Honesty

Responsibility

Contribution

Justice

Security

Courage

Kindness

Self-Care

Creativity

Learning

Spirituality

Curiosity

Love

Trust