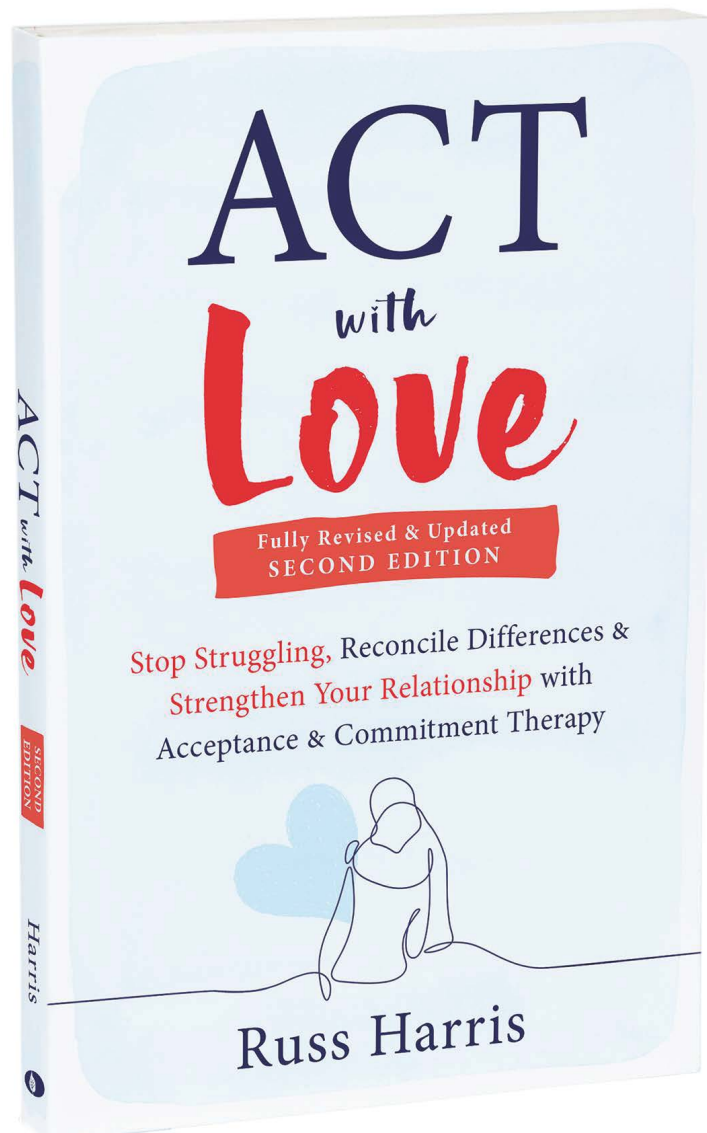


# ACT With Love: Extra Bits

Free resources to support the  
2nd edition of *ACT With Love*  
by Dr Russ Harris

The second edition of *ACT With Love* is significantly different from the first, with a lot of brand-new material. [Click here to read chapter one.](#) Please freely share the resources in this document with anyone you think may benefit.



## Chapter 3: What's Your Problem

[Worksheet: Identify The DRAIN](#)

## Chapter 4: You're Both Hurting

[Worksheet: What Was Your Relationship Like before?](#)

[Worksheet: You're Both Hurting](#)

## Chapter 5: The Choice Point

[Audio MP3: Connect & Reflect](#)

[Worksheet: Relationship Values Checklist](#)

[Worksheet: Values Checklist for Other Relationships](#)

[Worksheet: Your Values Statement](#)

[Worksheet: Putting Your Values Into Play](#)

## Chapter 6: Dropping Anchor

[Audio MP3: dropping anchor, step-by-step. Do this version](#)

[first, before using the others. Three 'ACE' cycles: 10 mins](#)

[Audio MP3 - dropping anchor: 40 seconds](#)

[Audio MP3 - dropping anchor: 2 minutes](#)

[Audio MP3 - dropping anchor: 7 minutes](#)

[Audio MP3 - dropping anchor: 11 minutes](#)

[Troubleshooting Guide](#)

## Chapter 8: Notice, Name, Refocus

[Worksheet: Notice & Name Self-Judgments](#)

[Audio MP3: Watching Your Thoughts](#)

## Chapter 9: Gripping Stories

[Audio MP3: "Hearing Your Thoughts"](#)

[Audio MP3: "Leaves on a Stream"](#)

[Audio MP3: "Dipping In and Out Of The Stream"](#)

## Chapter 10: Hooked on a Feeling

[Audio MP3: TAME Your Emotions](#)

[Troubleshooting Guide](#)

[Audio MP3: The "Kind Hand" self-compassion exercise](#)

[Audio MP3: The "Kind Energy" exercise. \(Instead of laying a hand on your body, you imagine warm, kind energy flowing into you.\)](#)

## Chapter 11: Look at Me! Look at Me!

[Audio MP3: Noticing environment, body, breath & sounds](#)

[Audio MP3: Mindful breathing \(this exercise builds your 'attention muscles'\)](#)

## Chapter 12: The Art of Appreciation

[Audio MP3: Mindful Tasting & Eating](#)

[Worksheet: Appreciating Your Partner](#)

## Chapter 13: Destructive Tactics

[Worksheet: The Choice Point](#)

## Chapter 14: Good Communication

[A Guide To Reflective Listening](#)

## Chapter 15: The Power of Assertiveness

[Your Bill Of Rights](#)

[Tips For Building Assertiveness Skills](#)

[Advanced Assertiveness Techniques](#)

## Chapter 17: Making Repairs

[Audio MP3: Compassion For Your Partner](#)

## Chapter 19: Giving Back to Yourself

[Worksheet: How To Forgive Your Partner \(Or Other People\)](#)

[Worksheet: How To Forgive Yourself](#)

## Chapter 21: Time for Some Fun

[Worksheet: Creating Connection Rituals](#)

## Additional Free Resources:

"Handling Setbacks" - this MP3 audio exercise takes you through being self-compassionate when you screw up, or fail, or things go horribly wrong.

[Dealing With Dilemmas and Tough Decisions](#)