

**Table 9.3** FACT Quick Reference Guide

Patient Presentation	Psychological Flexibility Skill	Educational Interventions	Interventions for Behavioral Experiments
Low mood	<p>Ability to name and notice difficult emotions.</p> <p>Difficulties noticing positive emotions.</p> <p>Showing kindness to self.</p>	<p>Emotions are useful, provide information.</p> <p>Explore: What are you feeling? What that feeling might be telling you?</p> <p>Explore: Do you know how to show kindness to yourself when you feel bad? What does kindness feel like?</p>	<p>Emotions diary: Practice curiosity, set alarm for emotion check in. Catch negative and positive emotions. Make a note.</p> <p>Cultivating emotions: Maybe plan to do more of what provides positive emotions. Maybe show kindness or soften when negative emotions show up.</p>
Anxiety / Stress	<p>Being present, able to notice feelings and thoughts come and go. Allowing whatever happens to happen.</p>	<p>Explore: Can you spend 30 seconds in the present moment now?</p> <p>Explore: Can you see the pace of your thoughts – fast, slow, faster, slower?</p> <p>Explore: What thoughts grab your attention? Can you give them a name (e.g., Scary Scarlet, Worrying William)</p>	<p>5-5’s breath (count to 5 and inhale, count to 5 and pause, count to 5 and exhale).</p> <p>Name thoughts as thoughts, feeling as feelings; say hello.</p> <p>Check on your safety: Are you safe right now? What does safe feel like? What and who helps you feel safe?</p> <p>Practice self-assurance: Rub your hands together until they are warm and then suggest, “In this moment, I am safe, safe and warm.”</p>

<p>Problematic habit (alcohol, drugs / relationship pattern / lifestyle behavior)</p>	<p>Awareness of the moment of choice.          Connection to values that make change worth the effort.          Skills for setting small goals and working toward them.</p>	<p>Explain Choice Point.          Explain Two Life Paths.          Use Bullseye to emphasize values connection.          Explore: Past success with behavioral actions that required persistent effort (e.g., staying with a difficult job)</p>	<p>Choice Point, with instruction of STOP during visit          Or          Bullseye or Two Life Paths with clarification of value(s) in visit and plan for patient to monitor barriers to change in their relationship with the problem behavior (e.g., use of alcohol, over-eating, over-working, under-sleeping).          Barriers can be lack of awareness of moments of choice, lack of kindness to self, skills for preserving, etc.</p>
<p>Chronic pain</p>	<p>New perspective on pain (more influenced by behavior change than medication)          Connection to values.          Curiosity about pain.          Flexible persistence.</p>	<p>Pain can be managed but not eliminated.          Best results come with focusing on life and daily activities rather than pain avoidance and control.</p>	<p>Neuroplasticity training (learning to shift to observer perspective, explore pain sensation while engaging in chosen activities).          Bull's-eye is supports continuity in care and is useful in class-based medical services.</p>