If “stuck,” be curious, model acceptance, notice the “mind”

Support openness and curiosity about previously avoided inner experiences

Attend to thinking as an ongoing process, rather than the world structured by it

If confused, go to present/look at different perspectives

Promote flexible, voluntary and purposeful attention to the now

Support mindfulness and noticing the continuity of consciousness

When possible, promote connection between values and action

Identify qualities of meaningful action in the here and now

Construct concrete behavior change exercises

*Figure 7.2* Pillars of Psychological Flexibility and suggested therapeutic actions.