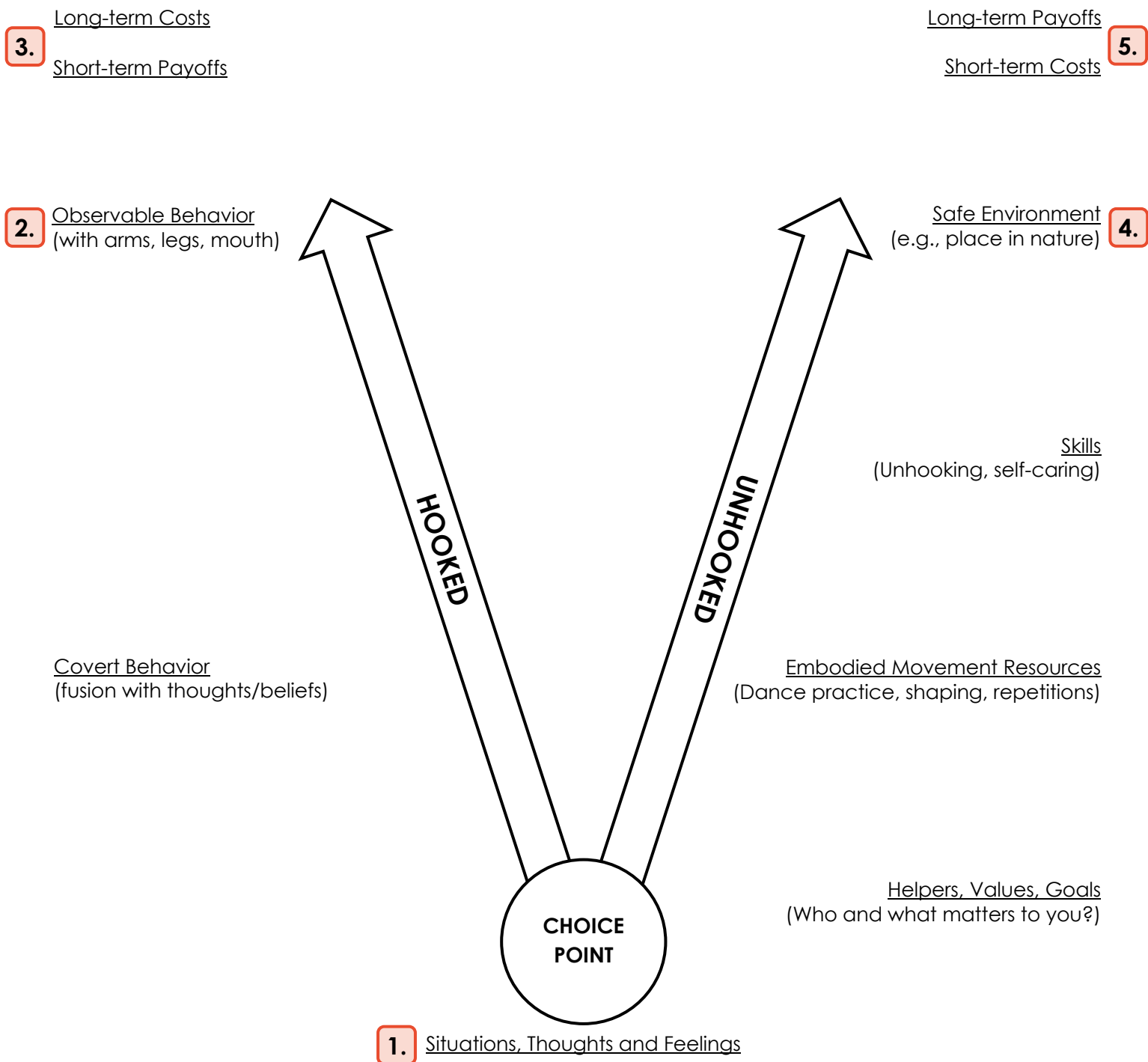


THE CHOICE POINT

CHOOSING MOVES TOWARDS A RICH AND MEANINGFUL LIFE

AWAY

TOWARDS



Dance of Life

WHAT IS THE CHOICE POINT?

The *Choice Point* is a reflection tool originally developed by Ann Bailey, Joseph Ciarrochi, and Russ Harris. It is a cornerstone of [Russ Harris'](#) ACT methodology. The Choice Point asks you to consider a challenging situation and to discover what moves take you away from or towards the life you want, your values.

HOW TO REFLECT WITH THE CHOICE POINT?

1. DESCRIBE THE CHALLENGING SITUATION

Choose a situation or a set of similar situations that are challenging for you. Write down the aspects of the situations below the Choice Point, including thoughts and feelings that come up with the situation. What happens before this situation? What triggers it?

2. WHAT MOVES DO YOU MAKE WHEN YOU GET HOOKED?

Consider your behavior when you get hooked, that is, when you are identified with the thoughts and feelings, and they take over. What moves do you make that take you away from the life you want to live? Write down these down on next to the HOOKED arrow and in the AWAY column.

Consider overt behavior, that is, what would be visible if you were recorded with a video camera. Also, consider your covert behavior, that is, what your mind is doing.

3: WHAT ARE THE CONSEQUENCES OF THE AWAY MOVES?

What are the short-term payoffs of the away moves? What are the secondary gains? What are the long-term costs if you keep doing these away moves? How will life likely develop?

4: WHAT MOVES CAN YOU MAKE WHEN YOU ARE UNHOOKED?

If you make moves towards your rich and meaningful life, towards values, what steps could you take? What are safe places and environments that could support you? What skills could you learn or bring to bear? What embodied movement resources could support you? (e.g., having a dance with the situation, shaping your thoughts and feelings in the dance, finding repetitions) What helpers can you draw upon, values and goals?

5: WHAT WOULD BE THE CONSEQUENCES OF TOWARDS MOVES?

What costs would you need to invest to make these moves on the short term? What would your life gain in the long term? How do these consequences help you to commit?

HOW TO MAKE THE MOST OF THE CHOICE POINT

- Find concrete actions you can commit to as towards moves.
- Make sure you are well-rested when you engage with the Choice Point; it's a deep reflection. **HALT**: hold back for now when you feel **Hungry**, **Angry**, **Lonely**, or **Tired**.
- You find a quick explanation of Dropping Anchor by Russ Harris on [danceoflife.space](#).