

MAC MODULE 2:
MINDFULNESS &
COGNITIVE DEFUSION



THE ACTOR'S DOJO

PRECAP

1. Brief Centring Exercise
2. Learnings
3. Module 1 review
4. Mindfulness
5. Cognitive defusion



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BRIEF CENTRING EXERCISE



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LEARNINGS

“How many psychologists does it take to change a light bulb?”



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MODULE 1 REVIEW

- MAC goal = Enhance performance



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MODULE 1 REVIEW

- MAC goal = Enhance performance
- Performance = Attention + Poise



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MODULE 1 REVIEW

- \uparrow Performance = \uparrow Attention + \uparrow Poise



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MODULE 1 REVIEW

- \uparrow Performance = \uparrow Attention + \uparrow Poise
- \uparrow Attention via mindfulness and acceptance
- \uparrow Poise via values-identification and commitment



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MODULE 1 REVIEW

- Ultimately, learning to perform well *even with* the presence of difficult internal states



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MINDFULNESS

- Purpose = “to develop the ability to notice internal processes non-judgmentally and then refocus on the performance or task at hand”

(Gardner & Moore, 2007, pg. 86)



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MINDFULNESS

- Purpose = “to develop the ability to notice internal processes non-judgmentally and then refocus on the performance or task at hand”
- Purpose ≠ blank mind / to relax / leave experience

(Gardner & Moore, 2007, pg. 86)



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COGNITIVE FUSION

- “The process by which an individual views and responds to thoughts as absolute truths that must be responded to in some way”

(Gardner & Moore, 2007, pg. 90)



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COGNITIVE DEFUSION

- “The ability to view what the mind tells us as separate and different from literal truth”

(Gardner & Moore, 2007, pg. 85)



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COGNITIVE DEFUSION

- “The ability to view what the mind tells us as separate and different from literal truth”
- Encourages perceiving thoughts as “what our mind [is] telling us” rather than “absolute truths”

(Gardner & Moore, 2007, pg. 85)



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COGNITIVE DEFUSION

- Fusion = “I suck at this”
- *Defusion* = “I’m thinking that I suck at this” / “I’m noticing I’m thinking that I suck at this”



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COGNITIVE DEFUSION

- Fusion = “I’m anxious”
- *Defusion* = “I’m feeling anxious” / “I’m noticing I’m feeling anxious”



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COGNITIVE DEFUSION

- Performance = Attention + Poise
- ↑ Attention via mindfulness and acceptance
- ↑ Poise via values-identification and commitment



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COGNITIVE DEFUSION

- Performance = Attention + Poise
- ↑ Attention via mindfulness and acceptance
- ↑ Poise via values-identification and commitment



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RECAP

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BETWEEN-SESSIONS

 [Start Here: Define "Success"](#)

 Brief Centring Exercise

 Washing a Dish exercise

 Journal prompts

dojoactors.com/mac-protocol



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