

MAC MODULE 3:

VALUES &

VALUES-DRIVEN BEHAVIOUR



THE ACTOR'S DOJO

PRECAP

1. Learnings
2. Module 2 review
3. Values
4. Values-Driven Behaviour
5. Emotions
6. Brief Centring Exercise



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LEARNINGS



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MODULE 2 REVIEW

- 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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MODULE 2 REVIEW

- 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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MODULE 2 REVIEW

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



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MODULE 2 REVIEW

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



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MODULE 3 PREVIEW

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



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VALUES

- Values = Overarching direction



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VALUES

- Values = Overarching direction
- Goals = Landmarks along the way



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VALUES-DRIVEN BEHAVIOUR

“Performers who become focused on values that underlie their chosen competitive pursuits [...] ultimately enhance the likelihood that they will achieve their goals.”

(Gardner & Moore, 2007, pg. 108)



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VALUES-DRIVEN BEHAVIOUR

Emotion-driven life:

- Self-focus
- Impulses

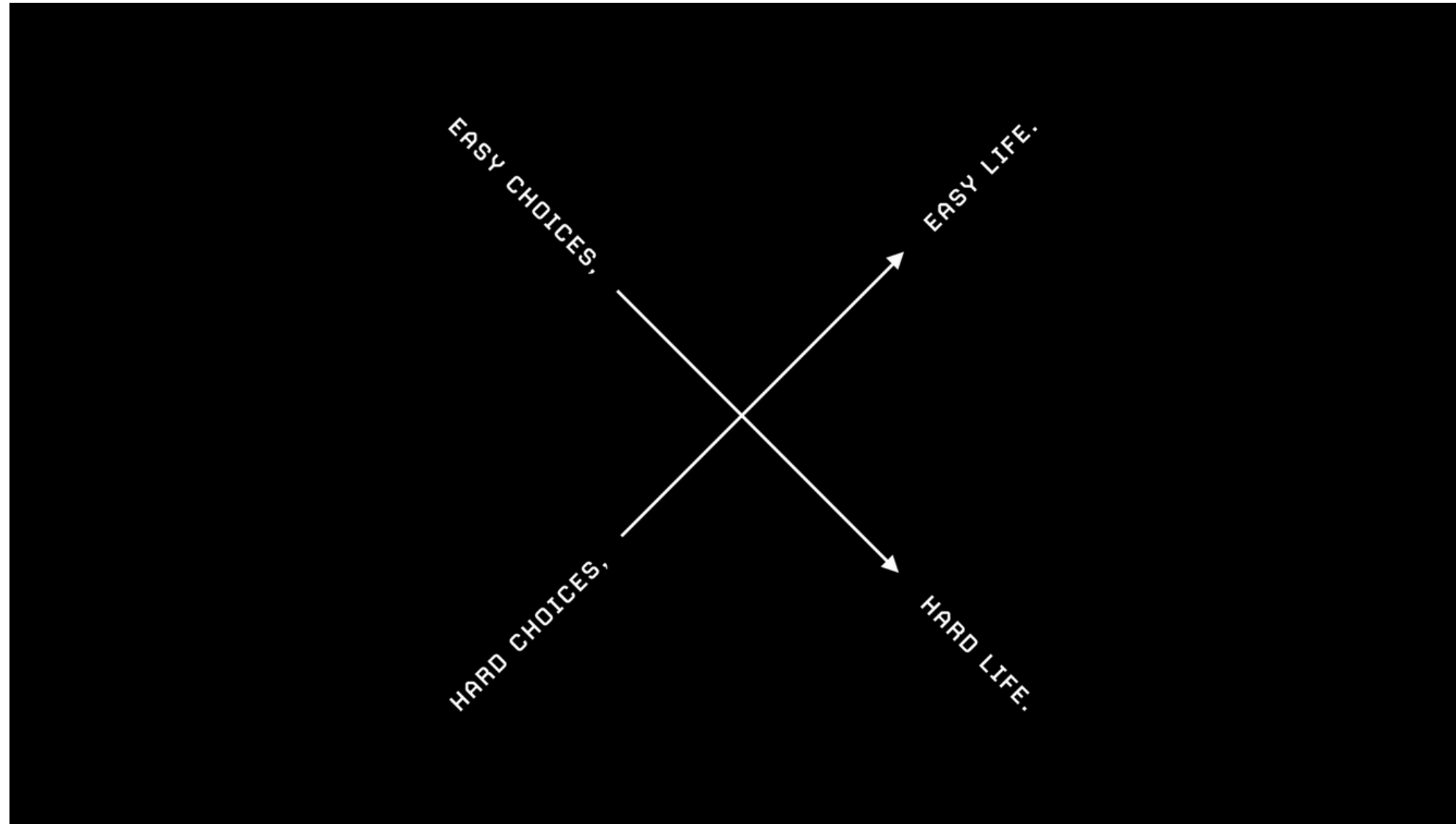
Values-driven life:

- Task-focus
- Intentions



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VALUES-DRIVEN BEHAVIOUR



(Jerzy Gregorek, n.d.)



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VALUES-DRIVEN BEHAVIOUR

 Performance Values worksheet

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EMOTIONS

- Primary emotions
- Secondary emotions

(Hayes et al., 1999)



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EMOTIONS

- Primary emotions = appropriate response to context
- Secondary emotions = learned response to PE

(Hayes et al., 1999)



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EMOTIONS

“The struggle to be without distress is the problem, not the presence of these thoughts and feelings.”

(Gardner & Moore, 2007, pg. 73)



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RECAP

1. Learnings
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BETWEEN-SESSIONS

-  Brief Centring Exercise
-  Washing a Dish exercise
-  Given Up for Emotions worksheet
-  Journal prompts

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BRIEF CENTRING EXERCISE



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