

Committed Action

- What I value is ...
 - "Closeness with my wife and kids"
- What I've been doing is ...
 - "Checking-out, lying in bed or in front of TV"
- What it cost me is ...
 - "My family. How can I have a relationship like that?"
- "I am through with that"
- My commitment is ...
 - "Have dinner with my family, no matter how I feel ... I miss them"



292

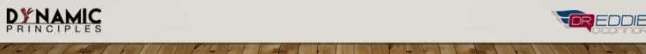
**COMMITTED ACTION
WORKABLE VS
UNWORKABLE READS**



293

**"I STARTED A GENTLE EXERCISE ROUTINE TO
MANAGE MY CHRONIC PAIN."**

- **Read:** Workable
- **Why:** Indicates self-initiated action that aligns with the value of self-care and aims to improve quality of life despite chronic pain.





294

All images are copyright of their respective owners | All other content are copyright © 2023 Dynamic Principles, LLC.

"I CAN'T EXERCISE BECAUSE IT MIGHT RAIN."



- **Read:** Unworkable
- **Why:** Uses external circumstances as an excuse for not engaging in value-based actions that could improve chronic pain management

295

"I WILLINGLY PARTICIPATE IN PAIN MANAGEMENT THERAPY, EVEN THOUGH IT'S CHALLENGING."



- **Read:** Workable
- **Why:** Shows willingness to engage in potentially uncomfortable activities to achieve longer-term pain management and a better quality of life

296

"I COULD DO PHYSICAL THERAPY, BUT I JUST DON'T SEE THE POINT."

- **Read:** Unworkable
- **Why:** Reflects avoidance and lack of commitment to take actions aligned with managing chronic pain, which hinders psychological flexibility

297

All images are copyright of their respective owners | All other content are copyright © 2023 Dynamic Principles, LLC.

"I CAN'T APPLY FOR A NEW JOB BECAUSE I'M NOT GOOD ENOUGH."

- **Read:** Unworkable
- **Why:** Reflects self-defeating thoughts and avoidance behavior, preventing movement toward valued goals

DYNAMIC PRINCIPLES **CR EDDIE**

298

"I'M ATTENDING A COOKING CLASS TO SPEND MORE QUALITY TIME WITH MY PARTNER."

- **Read:** Workable
- **Why:** Reflects a proactive approach to nurturing a valued relationship, showing psychological flexibility.

DYNAMIC PRINCIPLES **CR EDDIE**

299

"I'M WORRIED ABOUT HOW MY CHRONIC PAIN MANAGEMENT WILL AFFECT MY FAMILY RESPONSIBILITIES."

- **Read:** Could be workable or unworkable
- **Why:** Context is key

DYNAMIC PRINCIPLES **CR EDDIE**

300

All images are copyright of their respective owners | All other content are copyright © 2023 Dynamic Principles, LLC.

"I'VE GIVEN UP ON SOCIAL EVENTS BECAUSE OF MY PAIN."

- **Read:** Unworkable
- **Why:** Indicates avoidance and withdrawal from valued activities, which contradicts the tenets of psychological flexibility

DYNAMIC PRINCIPLES **CR EDDIE**

301

"I AVOID TALKING ABOUT MY PAIN BECAUSE PEOPLE JUST DON'T UNDERSTAND."

- **Read:** Unworkable
- **Why:** Demonstrates avoidance and a lack of social support-seeking, undermining psychological flexibility and coping strategies

DYNAMIC PRINCIPLES **CR EDDIE**

302

"I WRITE IN MY JOURNAL EVERY NIGHT, REGARDLESS OF HOW MY DAY WENT."

- **Read:** Workable
- **Why:** Demonstrates consistency and a commitment to self-awareness, aligning with the principles of psychological flexibility



DYNAMIC PRINCIPLES **CR EDDIE**

303

All images are copyright of their respective owners | All other content are copyright © 2023 Dynamic Principles, LLC.

"I WON'T JOIN A GYM BECAUSE I DON'T LIKE HOW I LOOK IN WORKOUT CLOTHES."



- **Read:** Unworkable
- **Why:** Indicates experiential avoidance based on self-judgment, hindering actions toward a healthier lifestyle.

304

"I WANT TO VOLUNTEER BUT I'M CONCERNED ABOUT MY BUSY SCHEDULE."



- **Read:** Could be workable or unworkable
- **Why:** The efficacy depends on whether this concern leads to problem-solving or serves as an excuse to avoid valued actions

305

STRATEGIES TO FOSTER COMMITTED ACTION

- **Asking What's Next:** A straightforward question about the next steps toward value-based goals can open the door to committed action
- **Creating Habits:** Committed actions that are integrated into existing behavior patterns are more likely to be sustainable
- **Curiosity and Playfulness:** Treating committed action as an 'experiment' or 'game' may lessen performance anxiety, encouraging a more natural and engaged approach

306

All images are copyright of their respective owners | All other content are copyright © 2023 Dynamic Principles, LLC.