
Acceptance & Commitment Therapy: Promoting Gratitude & Resilience during the Holidays

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“Do not create, chase or avoid thoughts. Just step back and be a witness.” - Sadguru Whispers

TODAY WE WILL PRACTICE:

1. BREATH of GRATITUDE
 2. INNER WITNESS
 3. EMBRACING ALL PARTS OF SELF
 4. VALUES TO GUIDE ACTIONS
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Acceptance and Commitment Therapy (ACT) and Gratitude: Promoting Resilience During the Holidays

In this wellness session, Suraya will guide you through three simple tools inspired by Acceptance and Commitment Therapy to promote gratitude, resilience and ease during the holidays. Tools practiced are from the following core concepts of ACT, including 1) connecting with your inner witness; 2) embracing all parts of yourself compassionately, including unwanted parts; 3) clarify your personal values and act in accordance with them.

1. BREATH OF GRATITUDE





1. BREATH of GRATITUDE

This breath is useful for cultivating ease and gratitude.

- Inhale and say “Thank you for this inhale.”
- Exhale and say “Thank you for this exhale.”
- Breathe and think of something you are grateful for.
- Breathe and cultivate gratitude for no reason.

2. INNER WITNESS





2. INNER WITNESS

Cultivating one's inner witness is a key to building self-awareness and inner peace.

- **Observe the breath & body. Ask: Who is doing the breathing?**
- **Feel your body and your breath as you sense a place of stillness inside yourself.**
- **This place of stillness is always there even through the ups and downs of life.**
- **End with hands on body.**



3. GRATITUDE FOR ALL PARTS



3. EMBRACING ALL PARTS

This practice is especially useful when one is judging or criticizing themselves..

- On one side of a piece of paper, draw/write 3 things you like about yourself.
- On other side, draw or write 3 things you criticize yourself for.
- Ask: What would be the gift of embracing the parts of myself that I don't like?
- What is good and right about these parts?



4. VALUES TO GUIDE ACTION



4. VALUES TO GUIDE ACTIONS

The purpose of this activity is to identify core values that inspire our actions.

- What do you want?
- If you have that, what would it give you? (Repeat 8X) Ask: what is one of my core values?
- Divide paper into two sides. Write core value in middle.
- On one side, write actions that align with core value. On other side, write one action that doesn't align with core value?

The background consists of several overlapping, wavy, horizontal bands of color. The top band is a bright yellow-orange, followed by a darker orange, and then a deep red at the bottom. The waves create a sense of depth and movement, resembling a stylized landscape or a sunset sky.

**“Living with integrity means
acting in ways that are in harmony
with your personal values.” -
Barbara DeAngelis**