MAC MODULE 4: INTRODUCING ACCEPTANCE

THE ACTOR'S DOJO

PRECAP

1. Brief Centring Exercise
2. Learnings
3. Module 3 review
4. Acceptance
5. Relevant Mindful Activity

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BRIEF CENTRING EXERCISE

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BRIEF CENTRING EXERCISE

- 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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LEARNINGS

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MODULE 3 REVIEW

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

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MODULE 3 REVIEW

Emotion-driven life:
- Self-focus
- Impulses

Values-driven life:
- Task-focus
- Intentions

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MODULE 3 REVIEW

"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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MODULE 3 REVIEW

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

(Hayes et al., 1999)

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ACCEPTANCE

- Acceptance = "A willingness to experience sometimes painful emotions in the service of pursuing performance-related values that are personally meaningful"
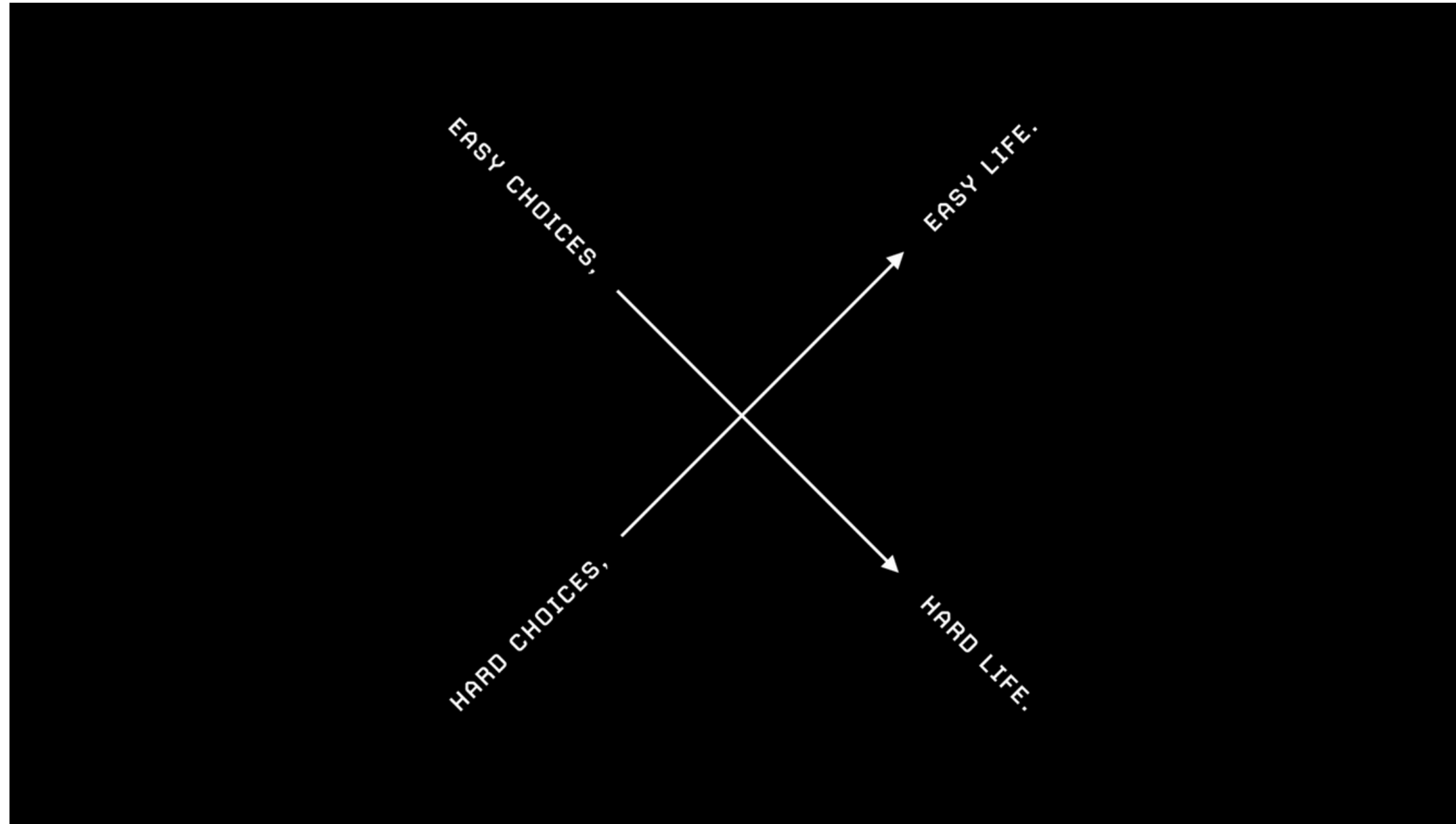
(Gardner & Moore, 2007, pg. 126)

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ACCEPTANCE

- Avoidance = An *unwillingness* to occasionally experience painful emotions, costing us the pursuit of personally meaningful performance values

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ACCEPTANCE

EASY CHOICES, EASY LIFE.

HARD CHOICES, HARD LIFE.

(Jerzy Gregorek, n.d.)

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ACCEPTANCE

📋 Emotion and Performance Interference worksheet

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ACCEPTANCE

"Emotions [...] are not the enemy of effective performance, but rather it is the things that people do to eliminate or otherwise control emotions that are counterproductive to high-level performance states."

(Gardner & Moore, 2007, pg. 125)

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ACCEPTANCE

- Performance = Attention + Poise

- ↑ Attention via mindfulness and acceptance
- ↑ Poise via values-identification and commitment

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RELEVANT MINDFUL ACTIVITY

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RECAP

1. Brief Centring Exercise
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BETWEEN-SESSIONS

🧘 Brief Centring Exercise
💪 Relevant Mindful Activity
✍️ Journal prompts

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