The Complete Visual Summaries of the Happiness Trap Online Course

www.TheHappinessTrap.com

with Dr. Russ Harris

8-WEEK ONLINE PROGRAM
THE HAPPINESS TRAP WEEK 1 PART A

WELCOME TO THE HAPPINESS TRAP ONLINE PROGRAM. OVER THE NEXT 8 WEEKS YOU'LL LEARN THE SKILLS AND STRATEGIES YOU NEED TO BUILD A RICH AND MEANINGFUL LIFE.

LIFE CAN BE TOUGH AND CHALLENGING. ALL HUMANS HURT SOMETIMES.

IT'S OK, YOU'RE NOT ALONE. FOLLOW ME!

THE HUMAN MIND EVOLVED A LONG TIME AGO WHEN LIFE WAS MUCH MORE DANGEROUS.

YIKES!
I'M SO GLAD MY MIND WARNED ME!

ALARM!
YOUR MIND IS LIKE AN ALARM THAT KEEPS YOU SAFE.

ALARM!
WHAT IF...
YOU HAVE A TIGER...
BOOM! GROWLING!

BUT IN OUR PRESENT DAY ITS WARNINGS ARE NOT ALWAYS HELPFUL.

BUT IT'S NOT EFFECTIVE OR TRYING TO HURT YOU.
IT'S JUST DOING IT'S JOB IT EVOLVED TO DO.

BUT DON'T STOP CARING!

I DON'T WANT YOU... GO AWAY!

SAD
AND THE HARDER WE TRY TO PUSH AWAY HOW WE FEEL THE WORSE IT GETS...
THE REBOUND EFFECT!

BUT THERE IS A DIFFERENT WAY TO DEAL WITH DIFFICULT THOUGHTS AND FEELINGS.

THIS WAY

Follow me!

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THE HAPPINESS TRAP WEEK I PART B

IT IS NORMAL TO HAVE AN EVER CHANGING FLOW OF ALL EMOTIONS. EMOTIONS ARE JUST LIKE THE WEATHER, THEY CONTINUOUSLY CHANGE.

HAPPINESS ISN'T FEELING GOOD. HAPPINESS IS LIVING A RICH AND MEANINGFUL LIFE.

WHAT MATTERS TO YOU DEEP IN YOUR HEART?

ACTING INEFFECTIVELY, DOING THINGS THAT KEEP YOU STUCK OR MAKE LIFE WORSE.

ACTING EFFECTIVELY, BEHAVING LIKE THE PERSON YOU WANT TO BE.

MIND ALERT!

WHAT A RELIEF! I'M NORMAL!

WHAT MATTERS TO ME? WHAT DO I WANT TO STAND FOR?

CHECK THIS OUT!

YOU ARE A LOSER.

OFTEN OUR MINDS CAN HOOK US WITH UNHELPFUL THOUGHTS.

BUT IT'S OK, THESE WILL HELP YOU!

UNHOOKING TOOLKIT.

PRINT OUTS.

AUDIOS.

SUPPORT.

VALUES.

LEADS INTERESTING!

OK!

Then follow me to week 2!
THE STRUGGLE SWITCH
THE MORE WE STRUGGLE THE WORSE IT GETS

FLEXIBLE

Here's anxiety
I do not want it
or like it but I'm not
going to struggle
with it

THE HAPPINESS TRAP WEEK 2 PART A

DON'T THINK ABOUT WHITE BEARS!

WHAT IS IN YOUR CONTROL?

THE MORE WE STRUGGLE THE WORSE IT GETS

RIGID

Thanks

WHAT HAVE YOU DONE TO AVOID PAIN?
WHAT HAVE BEEN THE COSTS?

PAIN

IT'S OK, REMEMBER TO BE KIND TO YOURSELF
LET'S LOOK AT THIS

ARE YOU OPEN TO LEARN NEW SKILLS?
TO LEARN HOW TO DROP THE STRUGGLE?

PAIN

EMOTIONS ARE LIKE THE WEATHER
THEY DON'T CARE WHETHER YOU WANT THEM OR NOT
SO COULD YOU ADAPT TO THEM?
ACKNOWLEDGE THEM AND LET THEM COME AND STAY AND GO

ANCHOR YOURSELF IN THE STORM!

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THE HAPPINESS TRAP WEEK 2 PART B

Sensations, thoughts, emotions, see, hear, smell, touch, taste

1. NOTICE AND ACKNOWLEDGE

2. GROUND YOURSELF AND BREATHE

3. ENGAGE IN LIFE USING VALUES

Not Distraction! Acknowledging and Allowing

OK Here’s Anxiety

Breathe!

Grounded

We’re making neural pathways!

Practise these new skills and see you next week!

NEURONS THAT FIRE TOGETHER WIRE TOGETHER
MAKING AND STRENGTHENING NEW HABITS

WEEK 3
THE HAPPINESS TRAP WEEK 3 PART A

If you let this thought hook you, will that help you move forward in life?

Listen to this story... you are closer!

THE MIND IS A STORYTELLER
IT DOESN'T CARE IF THE STORIES ARE TRUE OR FALSE, HELPFUL OR UNHELPFUL, IT JUST WANTS YOUR ATTENTION

I'm such a loser there's no point trying

BEING HOOKED AND HELD BACK BY OUR MIND

OK let's do this!

FLEXIBLE

RIGID

Grumpy bastard!

PRACTICE RECOGNISING WHEN YOUR MIND IS HOOKING YOU AND NOTICE WHAT IT IS HOOKING YOU WITH

What if...

Remember when...

FUTURE

PREDICTIONS

PAST

MEMENTO

TIME TRAVEL

Too tired

Too stressful

Couldn't

SHOULD'T

MIGHT HAVE

Yikes!

RIGID RULES

You must do it this way... and perfectly!

JUDGEMENTS

You are an idiot!

RIGID RULES

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THE HAPPINESS TRAP WEEK 3 PART B

DON'T BEAT YOURSELF UP THOUGH...

Is there something kind and supportive you can say to yourself?

IT'S COMPLETELY NORMAL AND NATURAL TO HAVE THESE THOUGHTS.
OUR MINDS HAVE EVOLVED TO DO THIS AND SOMETIMES THEY CAN BE USEFUL.
WE ALL HAVE SIMILAR THOUGHTS.

There thoughts are only a problem if we let them pull us into away fromes.

UNHOOKING SKILLS

I notice I'm having the thought that....

Ah, here's the story.

Thanks Mind!

SING IT...

I'm a loser!

WATCH THOUGHTS...

Hearing/observing thoughts

Silly Cartoon Character or Funny voice

I am a loser

Leaves on the stream or clouds passing by

WEEK 4
Mindfulness Myths...

It's not just meditation. There are so many ways to be mindful.

It's not a religious practice. It's a mental skill set.

It's not relaxation.

It's not about controlling thoughts.

It's not a way to feel good or happy. It's not positive thinking.

Letting go of ones that don't help you.

Thoughts that guide you to where you want to go.

Captain of your own ship.

It's choosing wisely which thoughts we want to guide our actions and which ones to let go of.
THE HAPPINESS TRAP WEEK 4, PART B

PSYCHOLOGICAL SMOG IS PART OF THE HUMAN CONDITION
IT’S NORMAL - WE ALL DO IT

WHEN WE GET LOST IN THE SMOG WE LOSE SIGHT OF WHAT’S IMPORTANT

SCIENCE SHOWS THAT A MINDFULNESS PRACTICE
SHRINKS THE AMYGDALA AND THICKENS THE PREFRONTAL CORTEX
SO THERE ARE LOTS OF PHYSICAL, EMOTIONAL AND MENTAL BENEFITS

ELEPHANT & 3 BLIND MEN

YOUR EXPERIENCE IMPACTS YOUR BRAIN IN DIFFERENT WAYS
DEPENDING ON WHAT YOU ARE FOCUSING ON

FOCUSING
ENGAGING
SAVORING

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The Happiness Trap Week 6, Part C

**The Spotlight of Your Focus**

We can zoom in and narrow or zoom out and expand the focus of our attention like lights on a stage show.

**Focused**

Things are so much better when you focus on the task at hand.

**Distracted & Unfocused**

Practice noticing when your attention has wandered.

You are not trying to stop your thoughts. Just acknowledge and allow them and follow your breath.

Your mind will constantly take you away from your breath. The skill is just to practice noticing the thoughts arise and return to focusing on the breath (x1000!)

Really notice and savor pleasurable experiences.

You can practice mindfulness when you are doing mundane tasks like washing up, cleaning your teeth, showering etc. Things we usually do on automatic pilot.

Listen to the tracks in the audio library to practice your mindfulness skills.

See you next week!
VALUES...

VALUES ARE YOUR HEART'S DEEPEST DESIRES FOR HOW YOU WANT TO BEHAVE AS A HUMAN BEING AND WHAT YOU WANT TO STAND FOR IN LIFE.

VALUES ARE LIKE AN INNER COMPASS THAT GUIDES US AND GIVES OUR LIVES A SENSE OF MEANING AND PURPOSE.

VALUES ARE LIKE CONTINENTS ON A GLOBE OF THE WORLD. THROUGHOUT THE DAY, SOME GO TO THE BACK, OTHERS COME TO THE FRONT.

LIKE... HOW YOU TREAT YOURSELF

HOW YOU TREAT OTHERS...

AND THE WORLD AROUND US...

THERE ARE NO "RIGHT" VALUES JUST AS THERE IS NO "RIGHT" FLAVOR OF ICE CREAM!

BUT IT'S NOT ABOUT BEING "GOOD" OR FITTING IN TO SOCIETY'S "RULES".

WE CAN LIVE OUR VALUES EVERY STEP OF THE WAY TOWARDS OUR GOALS WHETHER WE ACHIEVE OUR GOALS OR NOT. THEY HELP US APPRECIATE THE JOURNEY AND NOT JUST THE GOAL. VALUES CAN ALWAYS BE LIVED RIGHT HERE AND RIGHT NOW.

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IT CAN BE HELPFUL TO CREATE A GRATITUDE PRACTICE

Think of 3 things a day you are grateful for

I Spent too much time worrying about...

I didn't spend enough time doing...

If I could go back in time to today what would I do differently from today onwards...

IMAGINE YOU ARE 80 YEARS OLD LOOKING BACK ON YOUR OWN LIFE AND ASK YOURSELF...

TRUE VALUES CONFLICTS ARE RARE, THE ISSUE IS USUALLY TIME MANAGEMENT. WHATEVER YOU DO WITH YOUR TIME, YOU CAN LIVE YOUR VALUES

DROP ANCHOR, NOTICE AND ACKNOWLEDGE!

MIND ALERT

LOOK OUT FOR WHAT YOUR MIND MIGHT BE TELLING YOU ABOUT VALUES

WE ALL FORGET OUR VALUES AT TIMES BUT ONCE WE NOTICE WE CAN GET BACK ON TRACK—SO AWARENESS IS KEY. THE MORE WE PRACTICE BEING AWARE, THE EASIER IT GETS

EACH MORNING REALLY CONNECT WITH 2-5 VALUES YOU WANT TO BRING INTO YOUR DAY

EVERY MORNING REALLY CONNECT WITH 2-5 VALUES YOU WANT TO BRING INTO YOUR DAY

Practice flavoring and savoring your days with your chosen values and see you next week!
THE HAPPINESS TRAP WEEK 6 PART A

THE BULL’S EYE EXERCISE

ON AVERAGE WHERE ARE YOU ON THE DARTBOARD?
HITTING THE BULL’S EYE DOES NOT MEAN ACHIEVING YOUR GOALS,
IT MEANS LIVING YOUR VALUES

THE COMFORT ZONE

IT’S NICE TO STAY IN THE COMFORT ZONE SOMETIMES, IT FEELS FAMILIAR AND SAFE
BUT IF WE STAY HERE TOO LONG WE CAN BECOME STUCK
IT CAN BECOME FRUSTRATING AND BORING AND WE START TO FEEL TRAPPED

UNWILLING

UNWILLINGNESS TO FEEL DIFFICULT
THOUGHTS, FEELINGS, EMOTIONS AND MEMORIES

WILLING

DROPPING THE STRUGGLE WITH UNCOMFORTABLE
FEELINGS AND SENSATIONS
AND CHOOSING TO TAKE VALUED ACTION
When your mind interferes with goal setting/stepping out of comfort zone

The reasons may be valid but you can still move your arms and legs and do what matters to you.

The Motivation Trap

Waiting until you "feel," like doing something is like putting the cart before the horse. Don't rely on feelings - rely on values - let them be your motivation.

There is no such thing as a life without pain - it just doesn't exist. There are only 2 options: pain of growth or pain of stagnation.
THE 3 A’S OF ACCEPTANCE

ACKNOWLEDGE

ALLOW

ACCOMMODATE

BIGGER, MORE DIFFICULT EMOTION

GRADUALLY BUILD UP TO ACCEPTING BIGGER MORE DIFFICULT EMOTIONS
PRACTICE WITH MILD TO MODERATE EMOTIONS FIRST
EACH TIME YOU PRACTICE YOU ARE BUILDING NEW NEURAL PATHWAYS

MILD DISCOMFORT

MORE RESILIENT BRAIN!
THE HAPPINESS TRAP WEEK 6 PART D

SELF COMPASSION—WHAT KIND OF FRIEND WOULD YOU WANT BY YOUR SIDE?

COULD YOU TRY TO BE THIS KIND OF FRIEND TO YOURSELF?

THE 4 ELEMENTS OF SELF-COMPASSION

1. ACKNOWLEDGE... MAKE ROOM FOR THE PAINFUL EMOTIONS AND SENSATIONS
2. UNHOOK... FROM SELF CRITICISM AND SELF JUDGEMENTS
3. KINDNESS... DOING SOMETHING SOOTHING AND COMFORTING AND CARING
4. COMMON HUMANITY... KNOWING WE ALL SUFFER—YOU ARE NOT ALONE

SCIENCE HAS SHOWN THAT SELF-COMPASSION CAN INCREASE WELLBEING AND HELP REDUCE SUFFERING, PAIN AND STRESS

LOVE
JOY
CONTENTMENT
GRATITUDE

You are not alone in your pain and suffering

You are a loser!

It's okay, I'm here for you

You haven't got time for this

There are people much worse off than you

Watch out for what your mind has to say about self-compassion

This is just self-pity

You don't deserve this

This is stupid

Just suck it up!

Trying to hook you!

Practice the exercises in your audio library

Look for opportunities to practice your acceptance and self-compassion skills... and see you next week!
THE HAPPINESS TRAP WEEK 7 PART A

PAST

NOW

FUTURE

THE PAST DOES NOT EXIST, IT'S ONLY MEMORIES
THE FUTURE DOES NOT EXIST,
IT'S ONLY THOUGHTS AND IMAGES CREATED BY YOUR MIND
THE ONLY TIME YOU EVER HAVE IS NOW
SO HOW DO YOU WANT TO SPEND YOUR PRECIOUS TIME ON THIS PLANET?

HOW MUCH CONTROL DO WE REALLY HAVE?

Be happy, positive, calm and relaxed!

I can't!

Can you control your feelings?

Have only positive and optimistic thoughts!

I can't

Can you control your thoughts?

OK walk like a penguin then

OK

Can you control your actions?

Ha ha! I was only joking!

Oop!

Can you control other people?

Idiot!
In any challenging situation, you have 3 choices:

**LEAVE**

**STAY AND GIVE UP**

**STAY AND LIVE BY VALUES.**

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**THE CHALLENGE FORMULA**

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**SETTING GOALS**

**No. 1 Rock Star**

Big Goal!

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You need to be realistic and adaptive when you set new goals:

**SMART**

- **S**pecific—(not wishy-washy) when setting goals
- **M**otivated by values—will give you meaning and purpose
- **A**daptive—be flexible to current life circumstances
- **R**ealistic—be aware of current resources available
- **T**ime frame—when are you going to start, set a firm date?
Fill in your goal setting worksheet.

You don't have the confidence.

You'd better wait until you feel more confident.

That's interesting!

Confidence comes from the Latin words come and fide meaning with trust or faith. An action of trust in yourself.

Yay! I'm so glad I practised and persevered.

Oops! Let's try this again.

I can learn to do this.

Good for you that sounds great!

I'm going to go swimming on Friday at 6pm.

Watch out for what your mind has to say about goal setting!

You don't have to feel relaxed and fearless on the inside to do what matters to you. You can have feelings of anxiety and do it anyway.

Share your goals with people you trust and who will support you.
THE HAPPINESS TRAP WEEK 7 PART D

BE AWARE OF BARRIERS THAT WILL SHOW UP WHEN GOAL SETTING

There will be times when we all fail at our goals. We all will experience failures in life.

WHERE TO NEXT?

LEARN FROM IT

BE KIND TO YOURSELF

DROP ANCHOR

THE 4 STEPS TO TAKE WHEN EXPERIENCING FAILURE

GOAL

SO PUT THESE SKILLS TOGETHER AND TAKE VALUED ACTION!

See you next week!

WEEK 8

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THE HAPPINESS TRAP WEEK 8 PART A

THE OBSERVING SELF IS THE PART OF YOU THAT DOES ALL THE NOTICING

WE CAN ZOOM IN AND NARROW OR ZOOM OUT AND EXPAND THE FOCUS OF OUR ATTENTION LIKE LIGHTS ON A STAGE SHOW

THE SPOTLIGHT OF YOUR FOCUS

THE TRANSCENDENT ASPECT OF YOU

MISTAKEN STORYTELLER

REMEMBER YOUR MIND IS A MASTER STORYTELLER
IT JUST WANTS YOUR ATTENTION, IT DOESN'T CARE IF WHAT IT IS TELLING YOU IS HELPFUL

YOUR MIND IS LIKE THE MOST BIASED DOCUMENTARY MAKER EDITING YOUR FULL LIFE STORY TO A 5 MINUTE YOUTUBE CLIP
You are like the sky.
The weather cannot hurt you.
The sky always has room for the weather.
And the weather always changes.

As Sir Winston Churchill said...
Success is the ability to go from failure to failure without loss of enthusiasm.
Success is not final.
Failure is not fatal.
It is the courage to continue that counts.

We will all forget our new skills at times.
And fall back in to old habits and thought patterns.
The important thing is to be aware.
So you can catch when you are hooked again.
Be kind to yourself.
Use your skills and do what matters.

Courage is not fearlessness.
It’s doing what matters to you deep in your heart.
No matter how you feel.

You have already learnt so much in life.
By making mistakes, so continue making mistakes.
Because that is how you will learn and grow.

You will have big breakthroughs and failures.
But it’s the courage to continue that counts.

Life is a daring adventure or nothing.

The word courage comes from the Latin word ‘cor’
meaning heart.
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