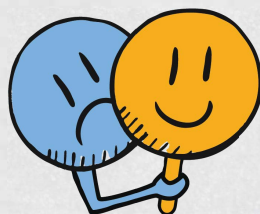


The Happiness Trap

The Complete Visual Summaries of the Happiness Trap Online Course

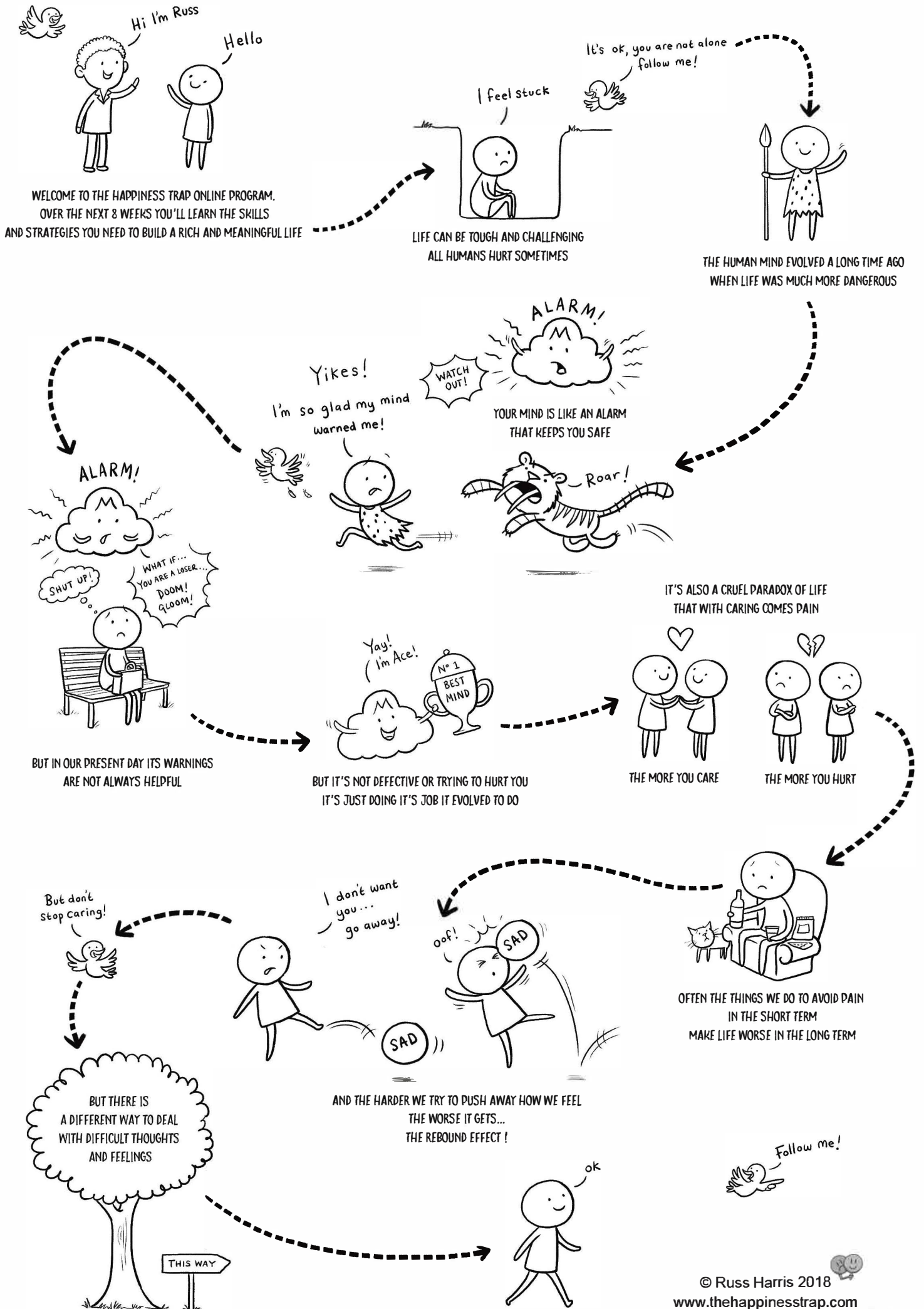


www.TheHappinessTrap.com

with Dr. Russ Harris

8-WEEK ONLINE PROGRAM

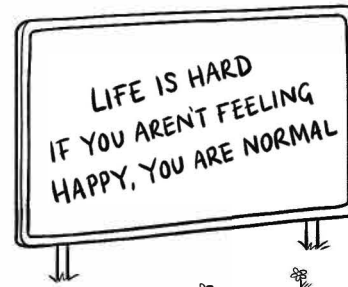
THE HAPPINESS TRAP WEEK 1 PART A



THE HAPPINESS TRAP WEEK 1 PART B



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

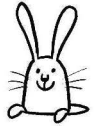


What a relief!
I'm normal!

Watch out for your mind
reason giving



Happiness isn't 'feeling good'.
Happiness is living a rich
and meaningful life



What matters
to me?
What do I want
to stand for?



Check this
out!

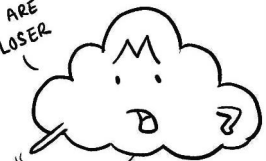


ACTING INEFFECTIVELY,
DOING THINGS THAT KEEP YOU STUCK
OR MAKE LIFE WORSE

ACTING EFFECTIVELY,
BEHAVING LIKE THE PERSON YOU WANT TO BE

WHAT MATTERS TO YOU
DEEP IN YOUR HEART?

YOU ARE
A LOSER



OFTEN OUR MINDS CAN HOOK US
WITH UNHELPFUL THOUGHTS

I AM
LOSER!



But it's ok
these will help you!



Anchoring

Audios

Support



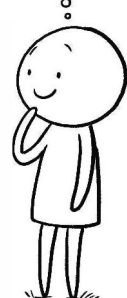
unhooking
toolkit



Print outs



Looks
Interesting!



OK!



Then follow me
to week 2!

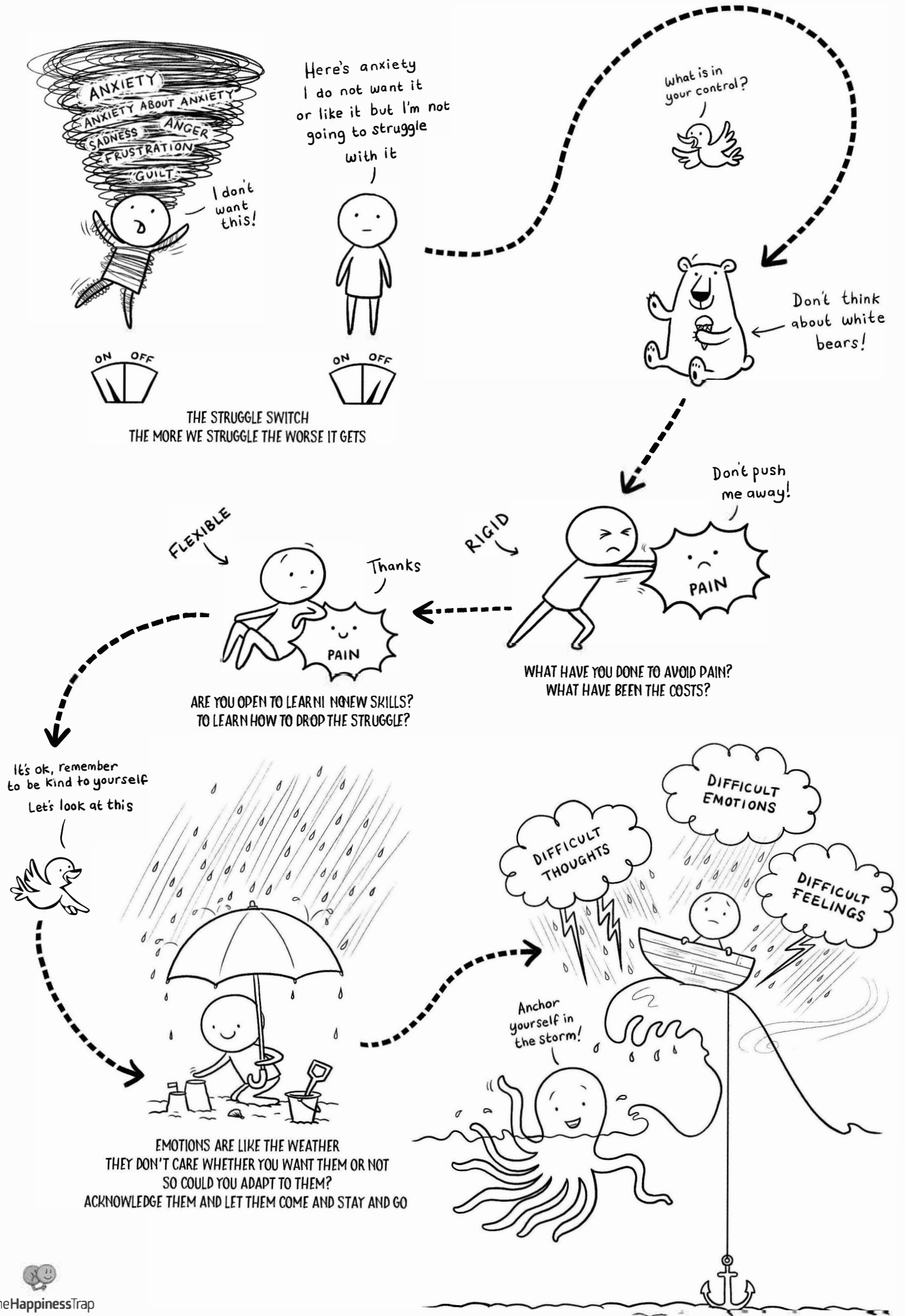


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Illustrations by Louise Gardner

THE HAPPINESS TRAP WEEK 2 PART A

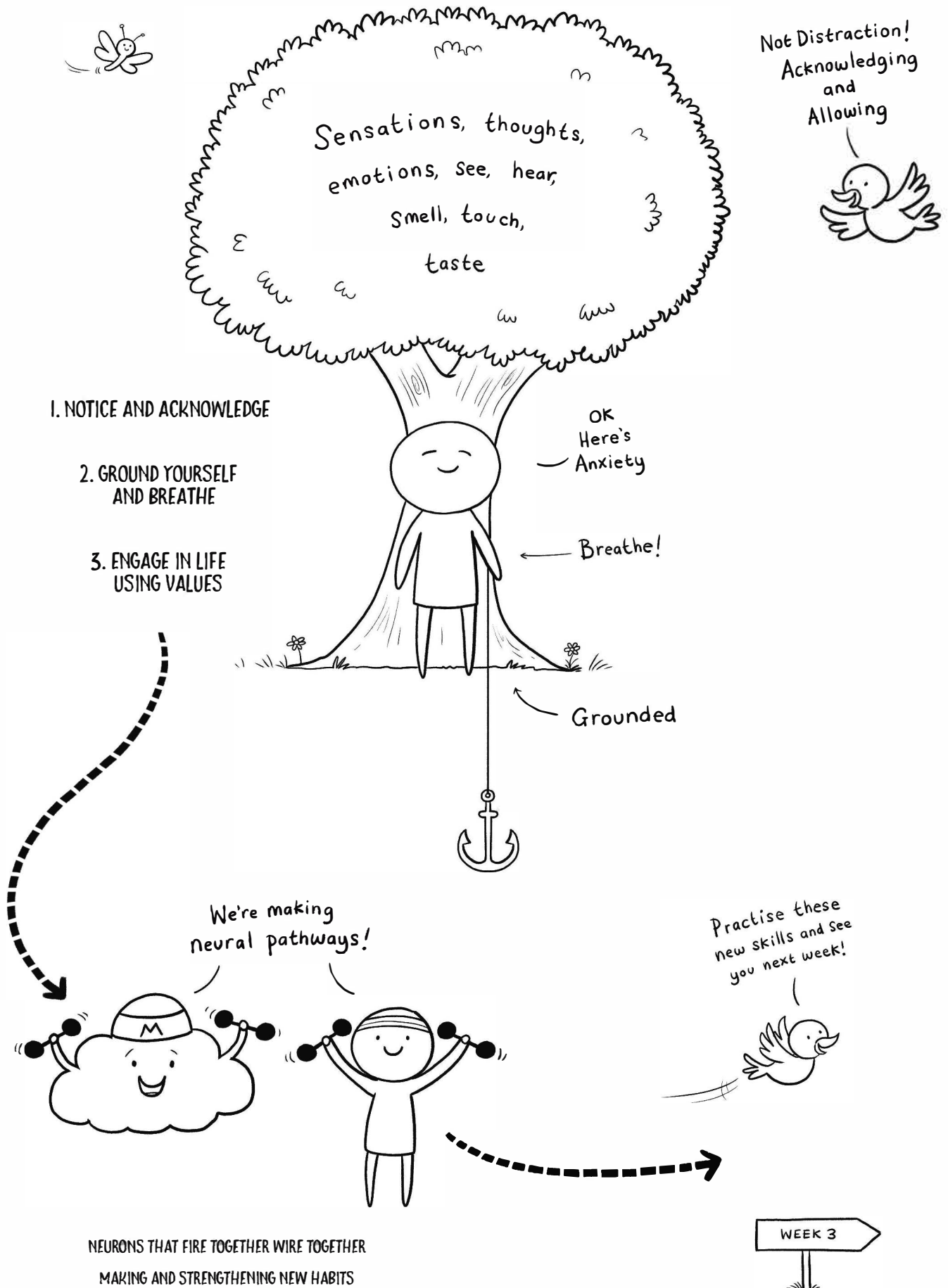


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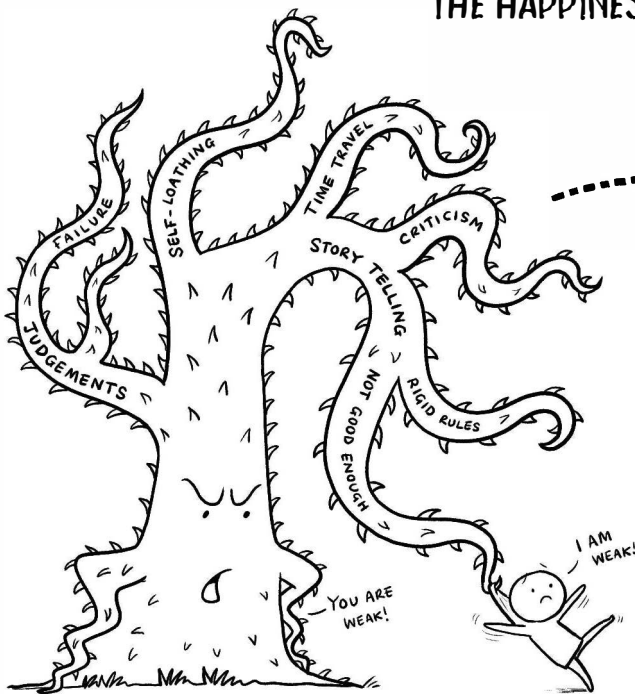
THE HAPPINESS TRAP WEEK 2 PART B



TheHappinessTrap

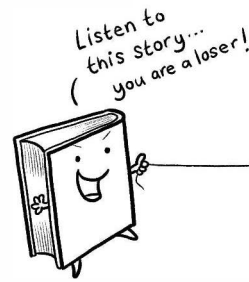
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THE HAPPINESS TRAP WEEK 3 PART A



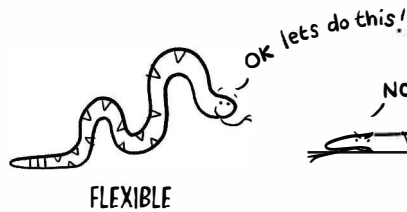
BEING HOOKED AND HELD BACK BY OUR MIND

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

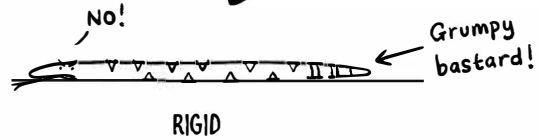


I'm such a loser there's no point trying

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

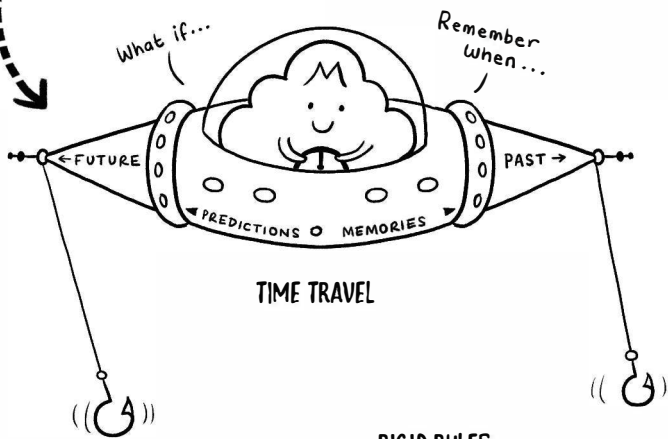


FLEXIBLE

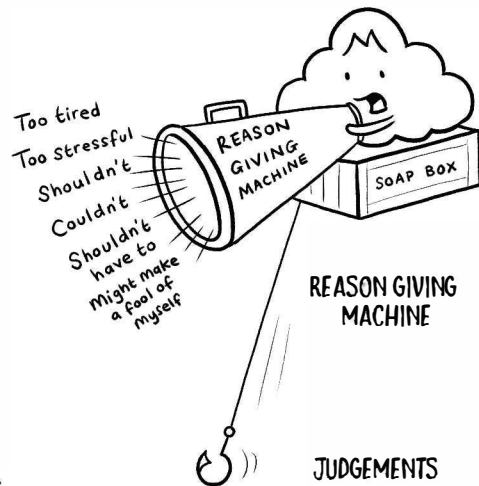


RIGID

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



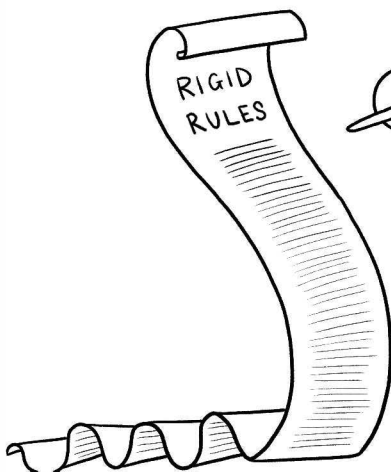
TIME TRAVEL



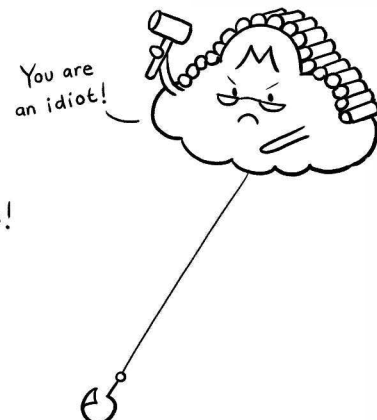
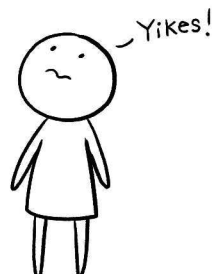
REASON GIVING MACHINE

JUDGEMENTS

RIGID RULES



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



You are an idiot!

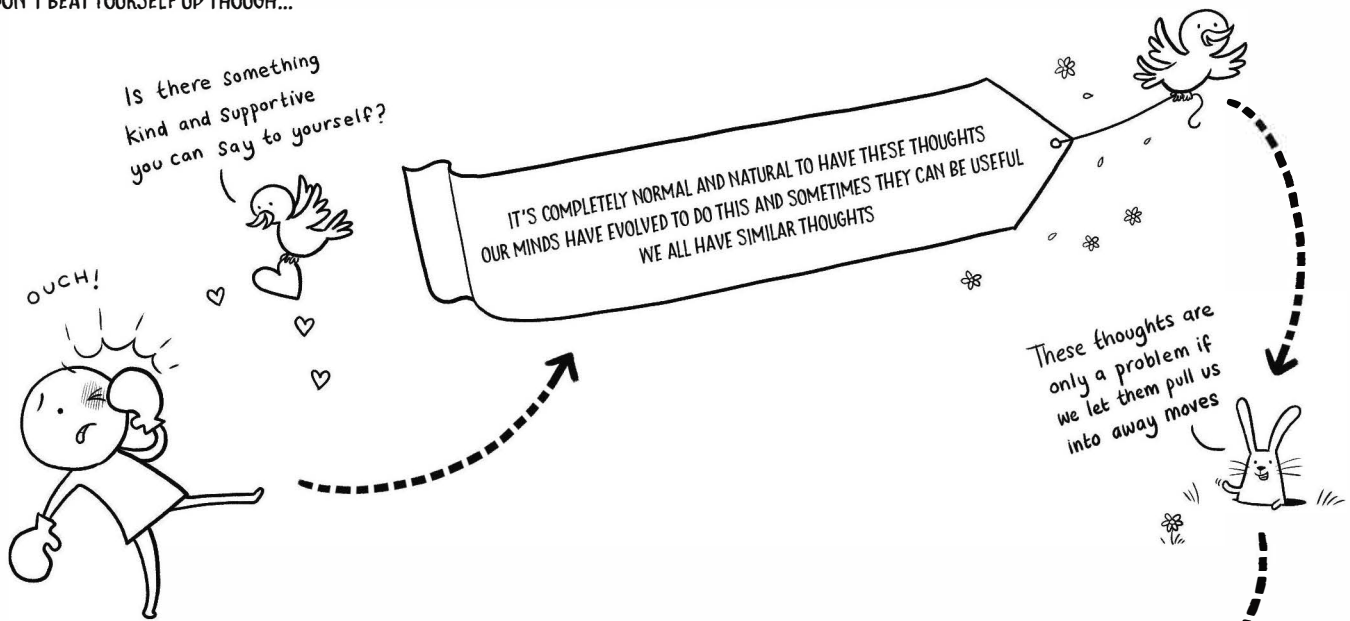


TheHappinessTrap

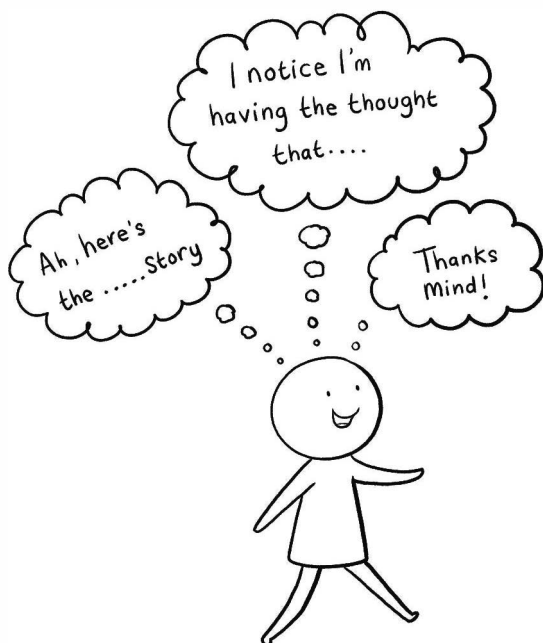
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THE HAPPINESS TRAP WEEK 3 PART B

DON'T BEAT YOURSELF UP THOUGH...



UNHOOKING SKILLS



WATCH THOUGHTS...



WEEK 4



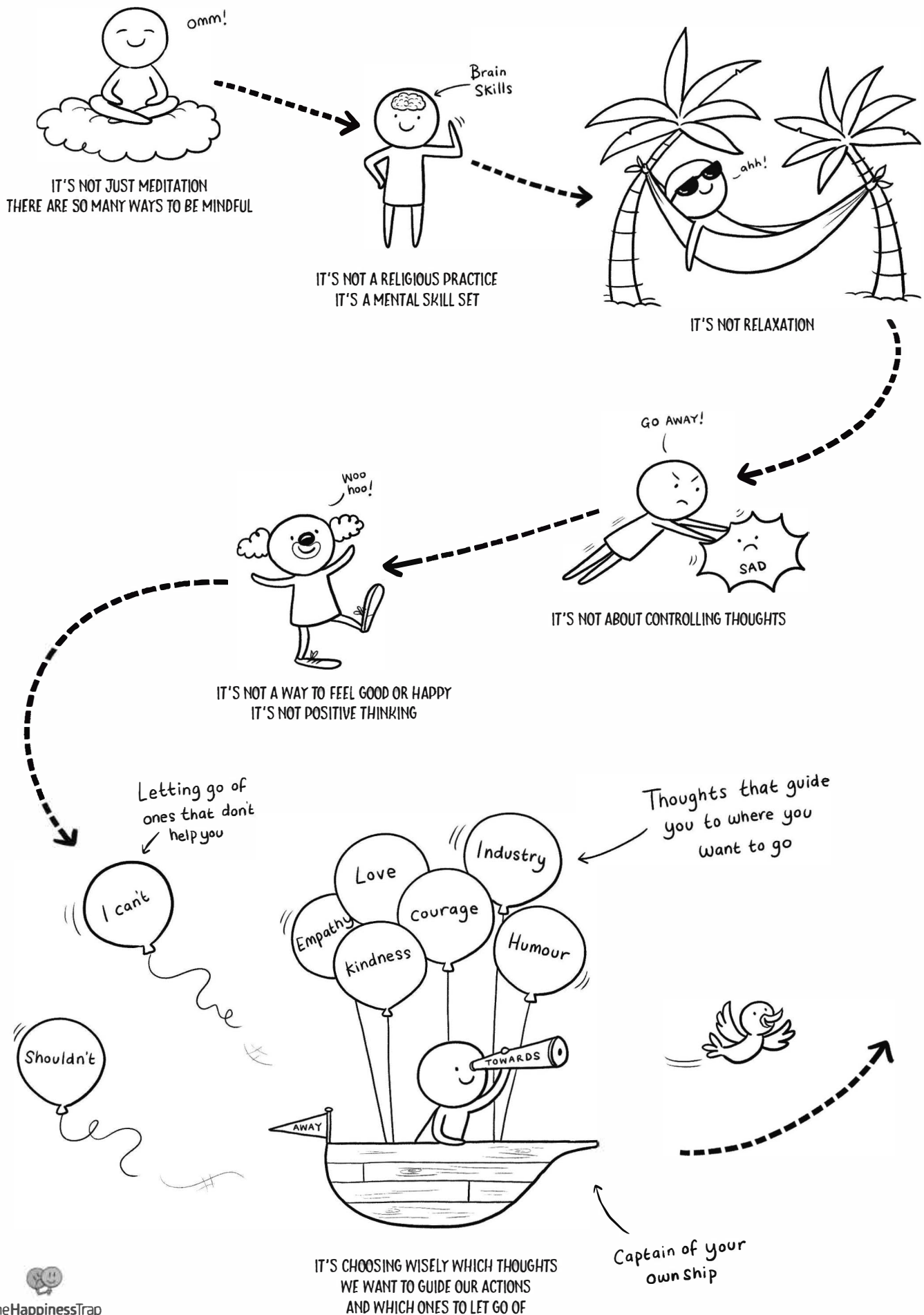
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THE HAPPINESS TRAP WEEK 4 PART A

MINDFULNESS MYTHS...

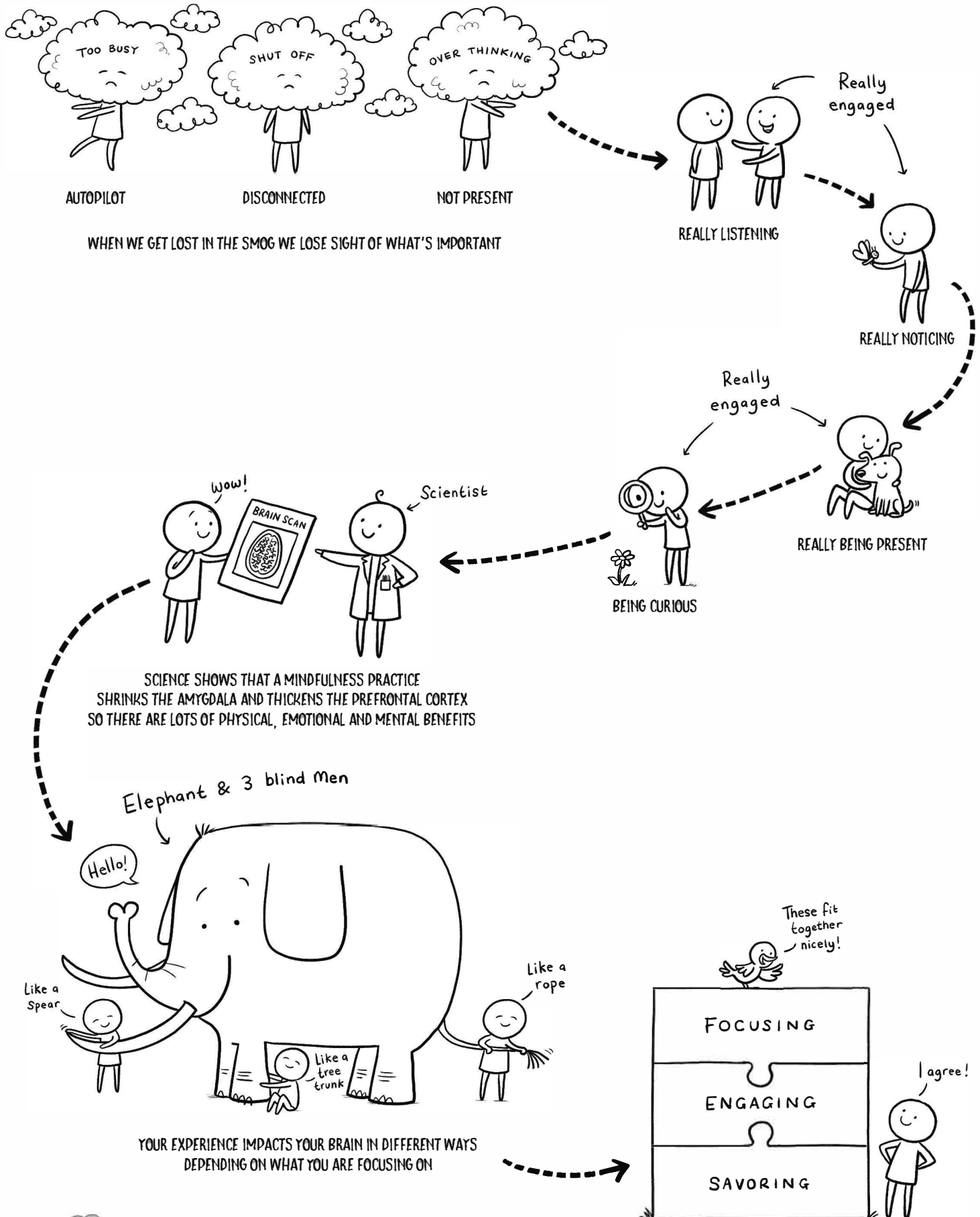


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THE HAPPINESS TRAP WEEK 4, PART B

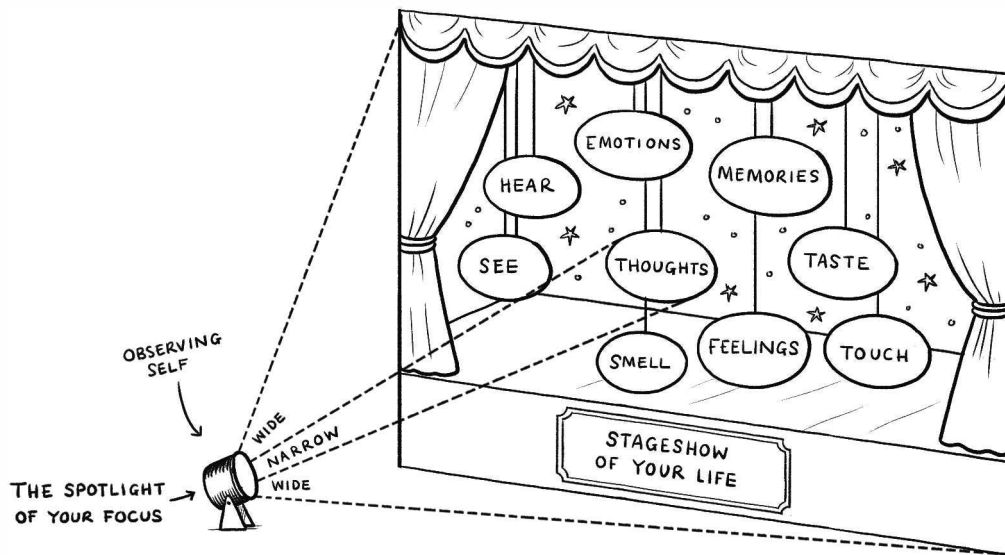
PSYCHOLOGICAL SMOG IS PART OF THE HUMAN CONDITION
IT'S NORMAL -WE ALL DO IT



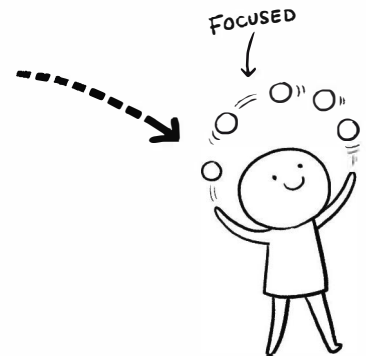
TheHappinessTrap

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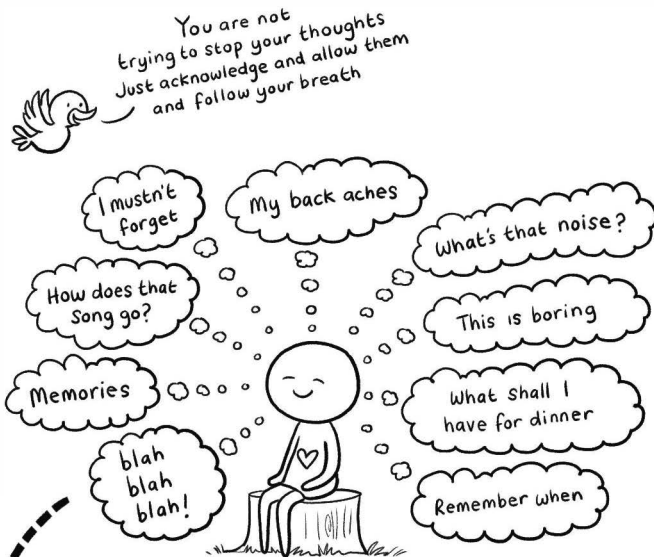
THE HAPPINESS TRAP WEEK 4 PART C



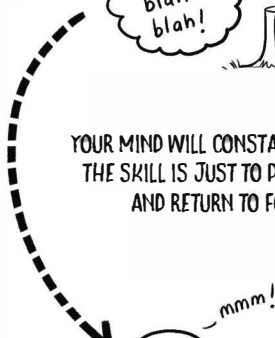
WE CAN ZOOM IN AND NARROW OR ZOOM OUT AND EXPAND THE FOCUS OF OUR ATTENTION LIKE LIGHTS ON A STAGESHOW



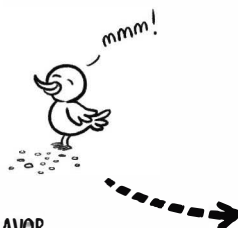
THINGS ARE SO MUCH BETTER WHEN YOU FOCUS ON THE TASK AT HAND



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



PRACTICE NOTICING WHEN YOUR ATTENTION HAS WANDERED

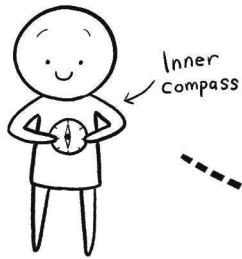


LISTEN TO THE TRACKS IN THE AUDIO LIBRARY TO PRACTICE YOUR MINDFULNESS SKILLS



THE HAPPINESS TRAP WEEK 5 PART A

VALUES...

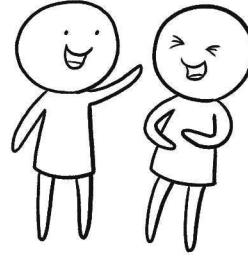


VALUES ARE LIKE AN INNER COMPASS THAT GUIDES US AND GIVES OUR LIVES A SENSE OF MEANING AND PURPOSE...

LIKE...HOW YOU TREAT YOURSELF



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



HOW YOU TREAT OTHERS...



AND THE WORLD AROUND US...

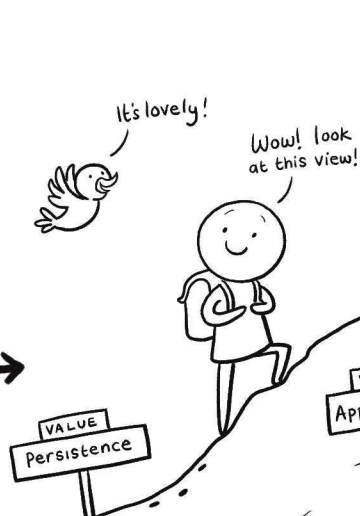


VALUES ARE LIKE CONTINENTS ON A GLOBE OF THE WORLD. THROUGHOUT THE DAY, SOME GO TO THE BACK, OTHERS COME TO THE FRONT



But it's not about being "good" or fitting in to Society's "rules"

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



It's lovely!

Wow! look at this view!

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

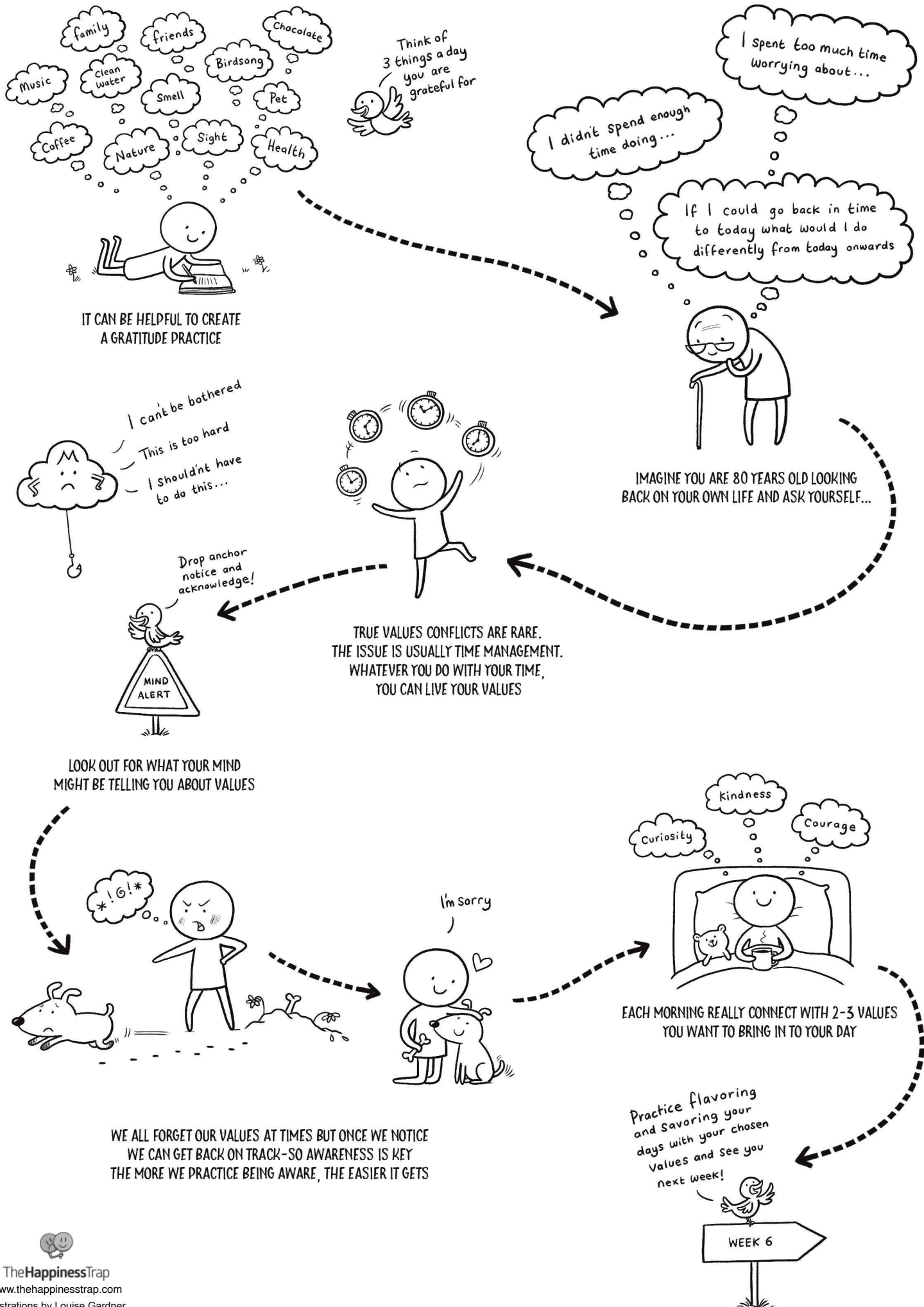


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THE HAPPINESS TRAP WEEK 5 PART B

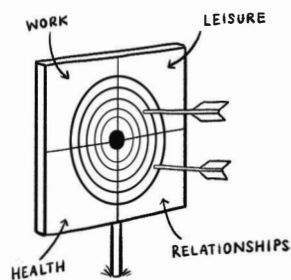


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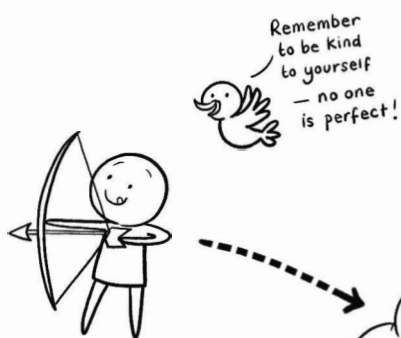
Illustrations by Louise Gardner

THE HAPPINESS TRAP WEEK 6 PART A



THE BULL'S EYE EXERCISE

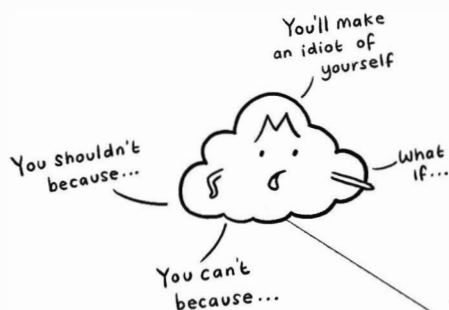
ON AVERAGE WHERE ARE YOU ON THE DARTBOARD?
HITTING THE BULL'S EYE DOES NOT MEAN ACHIEVING YOUR GOALS;
IT MEANS LIVING YOUR VALUES



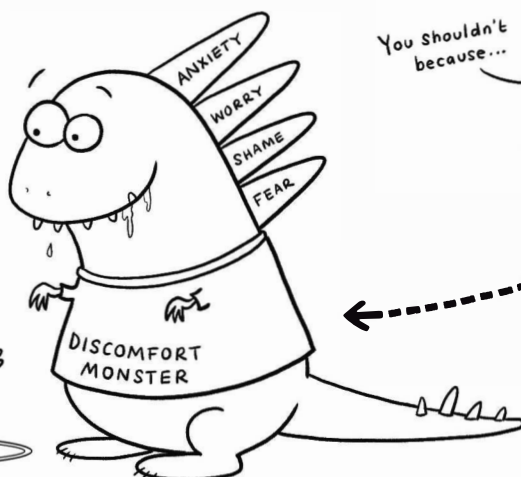
THE COMFORT ZONE

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

Yikes!
I feel trapped



STRUGGLING
Go away
I don't want
you here!



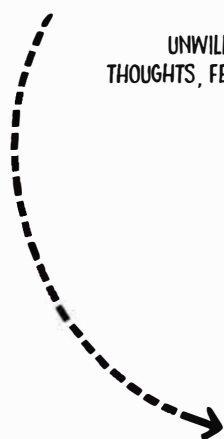
COMFORT
ZONE

UNWILLING

UNWILLINGNESS TO FEEL DIFFICULT
THOUGHTS, FEELINGS, EMOTIONS AND MEMORIES

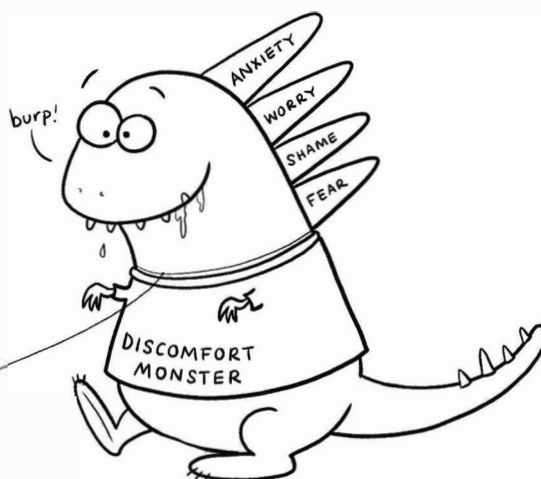


WE CAN GET STUCK HERE WHEN WE GET
HOOKED BY OUR REASON GIVING MACHINE



TOWARDS

DROPPING THE STRUGGLE WITH UNCOMFORTABLE
FEELINGS AND SENSATIONS
AND CHOOSING TO TAKE VALUED ACTION

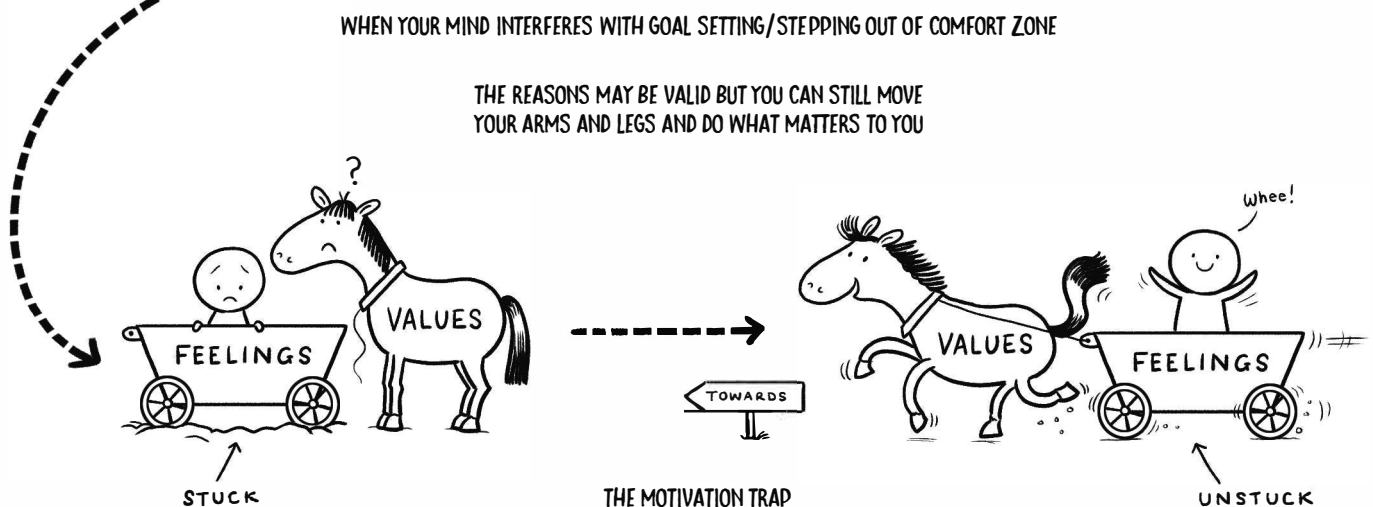
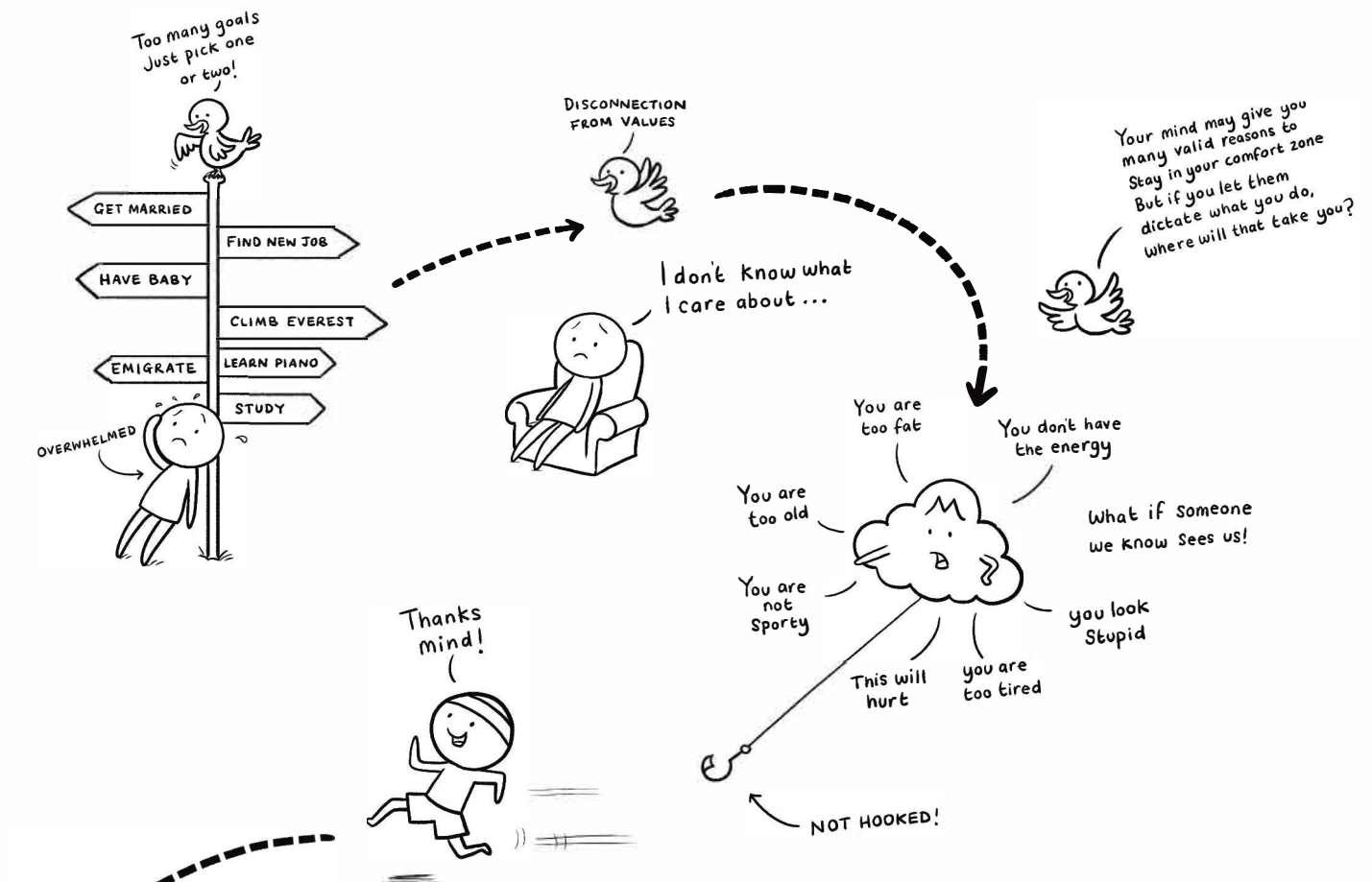


WILLING

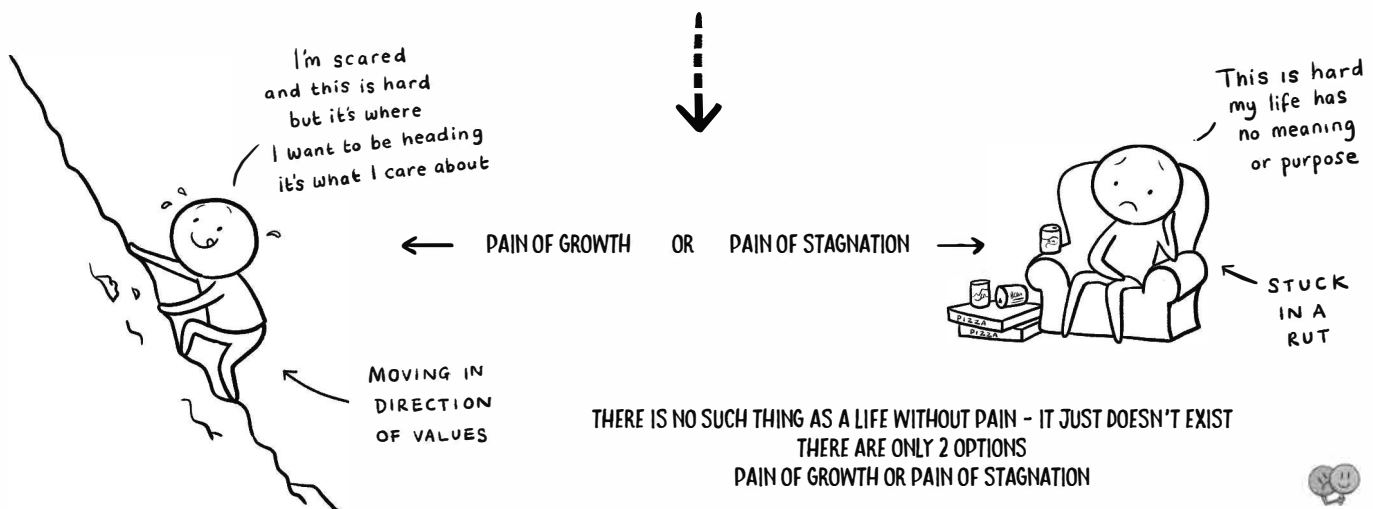
LEAVING COMFORT
ZONE BEHIND



THE HAPPINESS TRAP WEEK 6 PART B



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

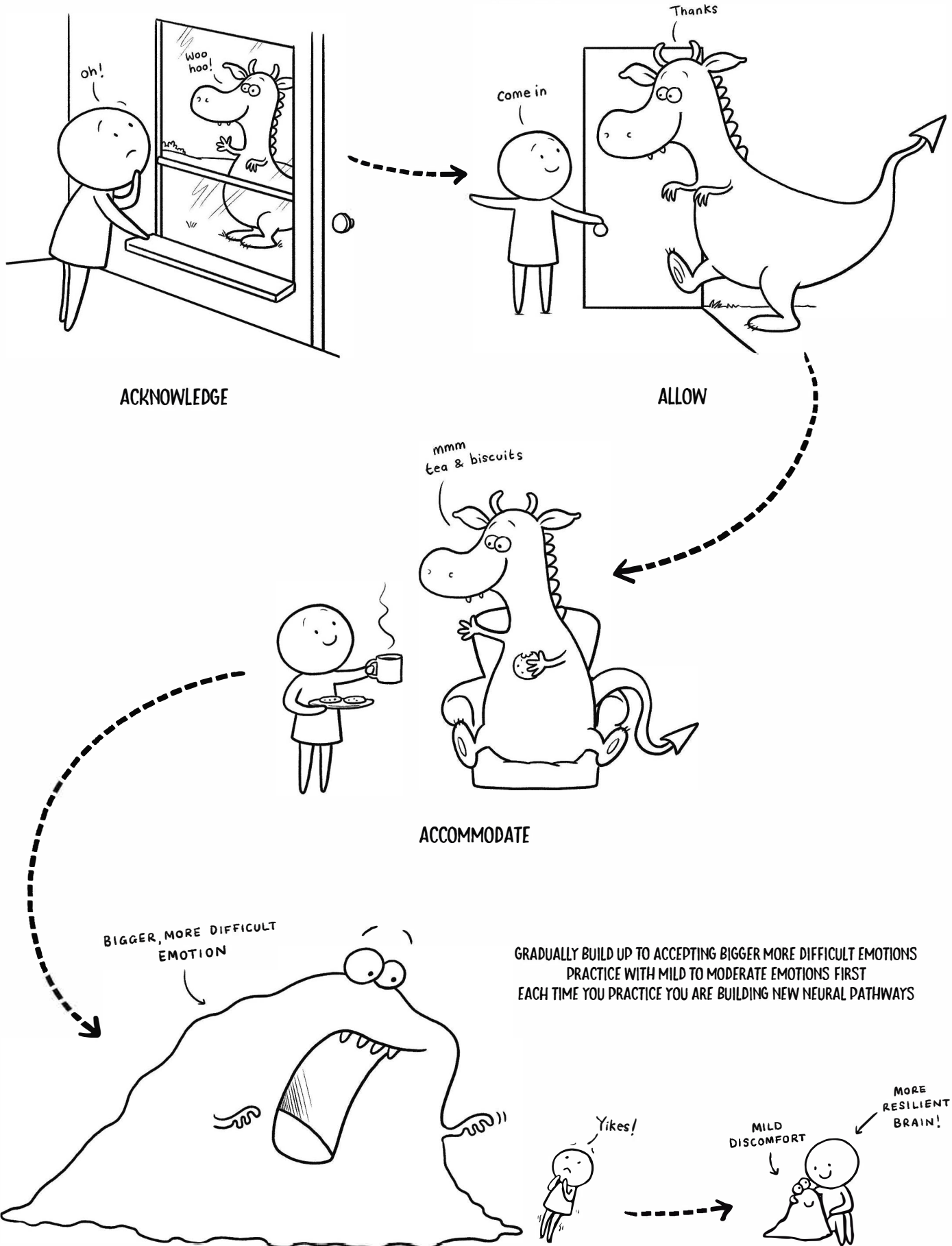


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THE HAPPINESS TRAP WEEK 6 PART C

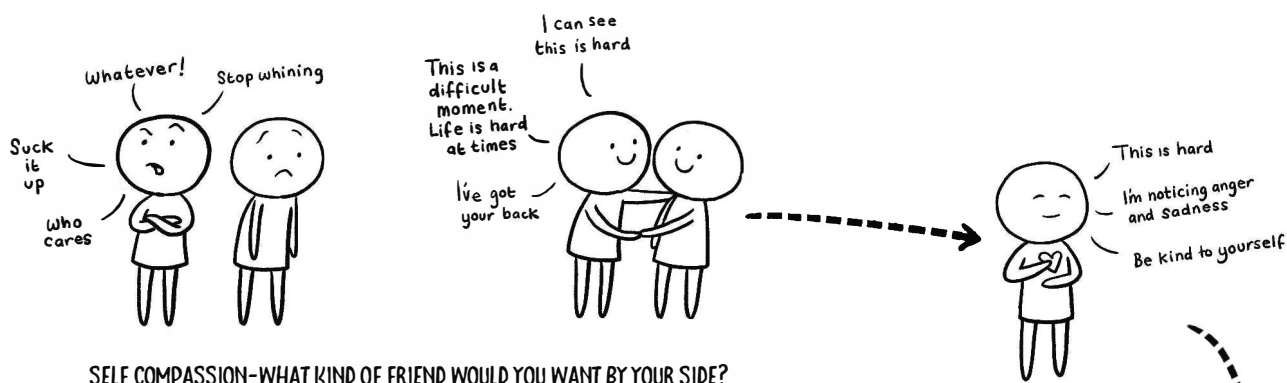
THE 3 A'S OF ACCEPTANCE



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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?

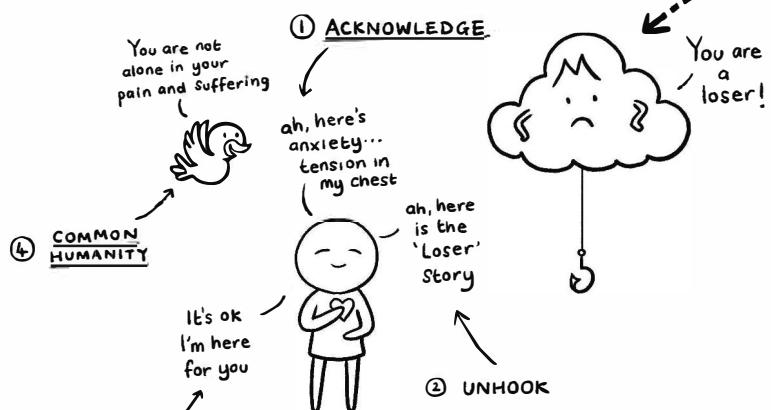
THE 4 ELEMENTS OF SELF-COMPASSION

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

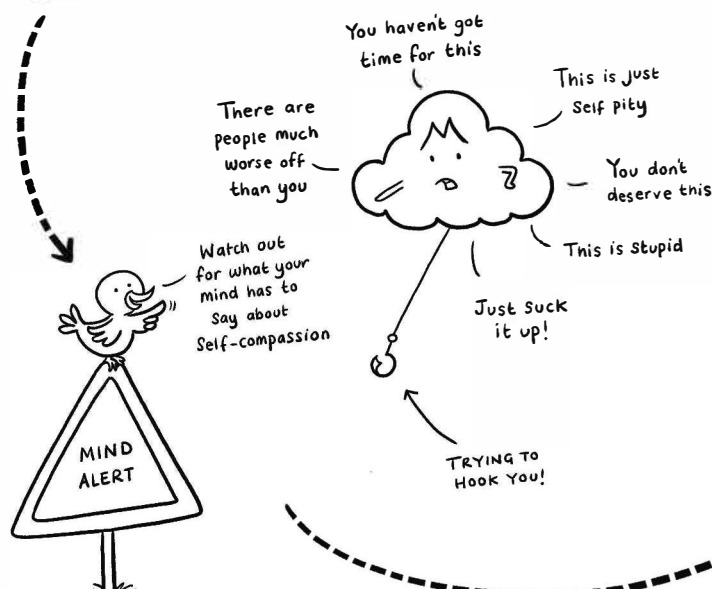
SCIENTIST



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



③ KINDNESS



Look for opportunities to practice your acceptance and Self-compassion skills... and see you next week!

PRACTICE THE EXERCISES IN YOUR AUDIO LIBRARY

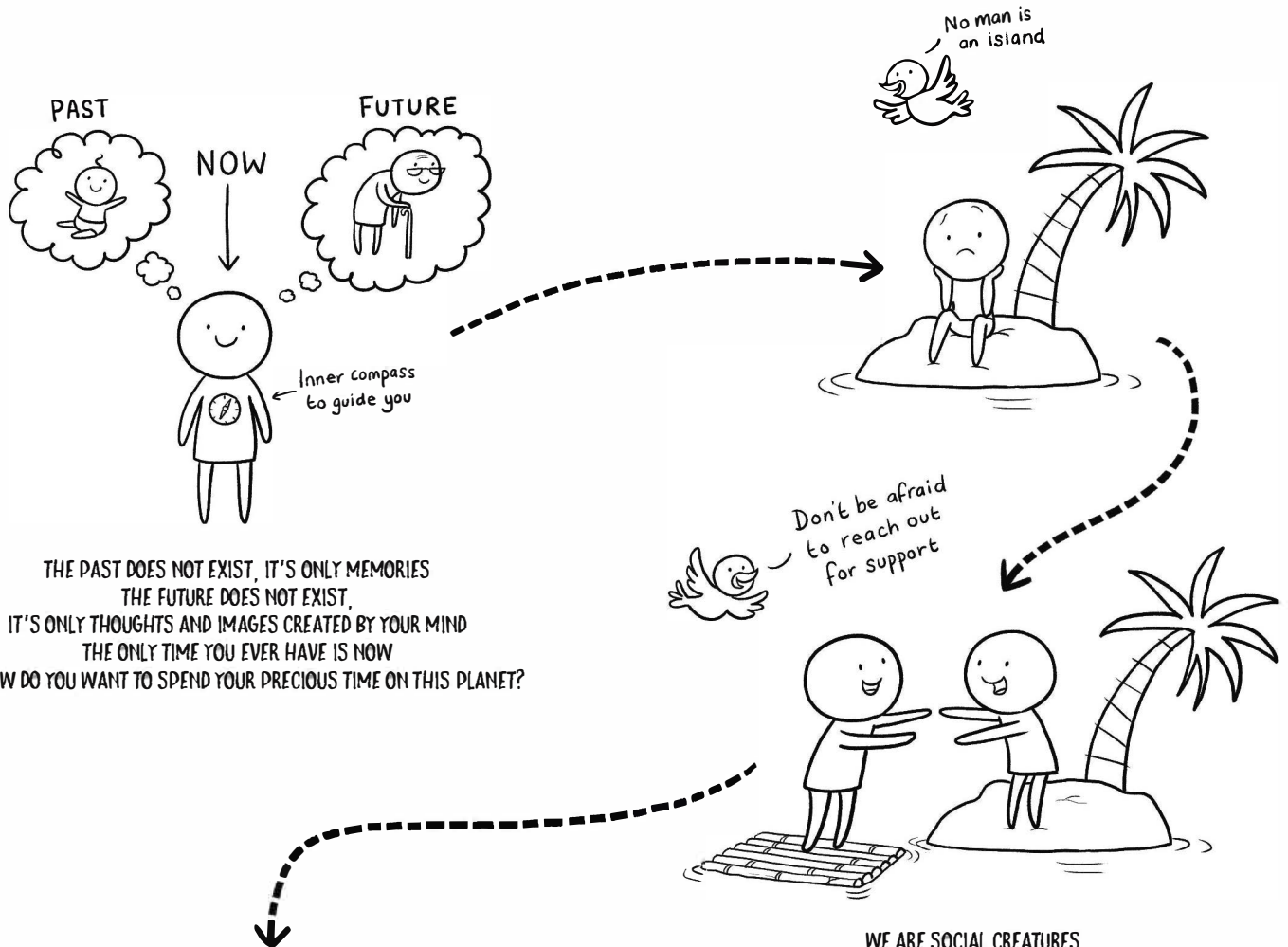
WEEK 7



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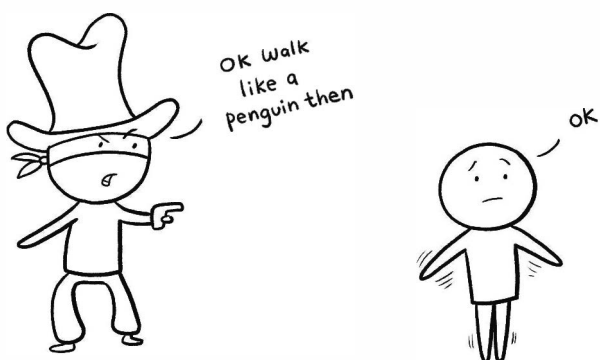
THE HAPPINESS TRAP WEEK 7 PART A



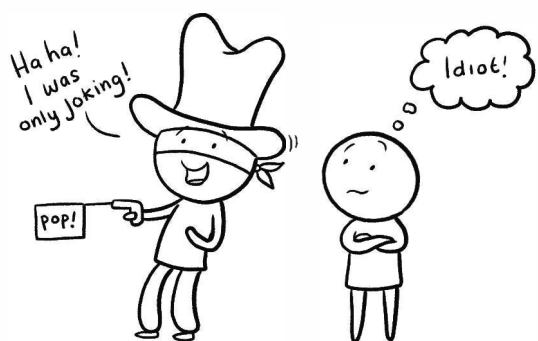
CAN YOU CONTROL YOUR FEELINGS?



CAN YOU CONTROL YOUR THOUGHTS?



CAN YOU CONTROL YOUR ACTIONS?



CAN YOU CONTROL OTHER PEOPLE?

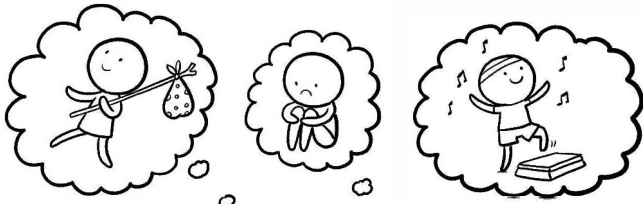


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THE HAPPINESS TRAP WEEK 7 PART B

In any challenging Situation, you have 3 choices



THE CHALLENGE FORMULA

I am here for you
You can handle this



ALL DIFFICULT SITUATIONS WILL BRING UP PAINFUL THOUGHTS AND FEELINGS
SO REMEMBER TO DROP ANCHOR, UNHOOK
MAKE ROOM FOR YOUR EMOTIONS AND BE KIND TO YOURSELF



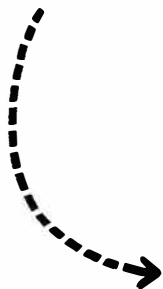
SETTING GOALS



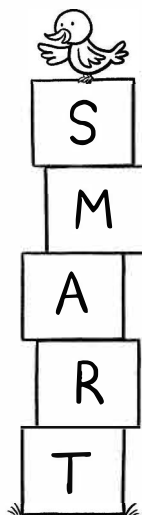
BIG GOAL!



YOU NEED TO BE REALISTIC AND ADAPTIVE
WHEN YOU SET NEW GOALS



Set SMART goals!



SPECIFIC-(NOT WISHY WASHY) WHEN SETTING GOALS

MOTIVATED BY VALUES-WILL GIVE YOU MEANING AND PURPOSE

ADAPTIVE-BE FLEXIBLE TO CURRENT LIFE CIRCUMSTANCES

REALISTIC-BE AWARE OF CURRENT RESOURCES AVAILABLE

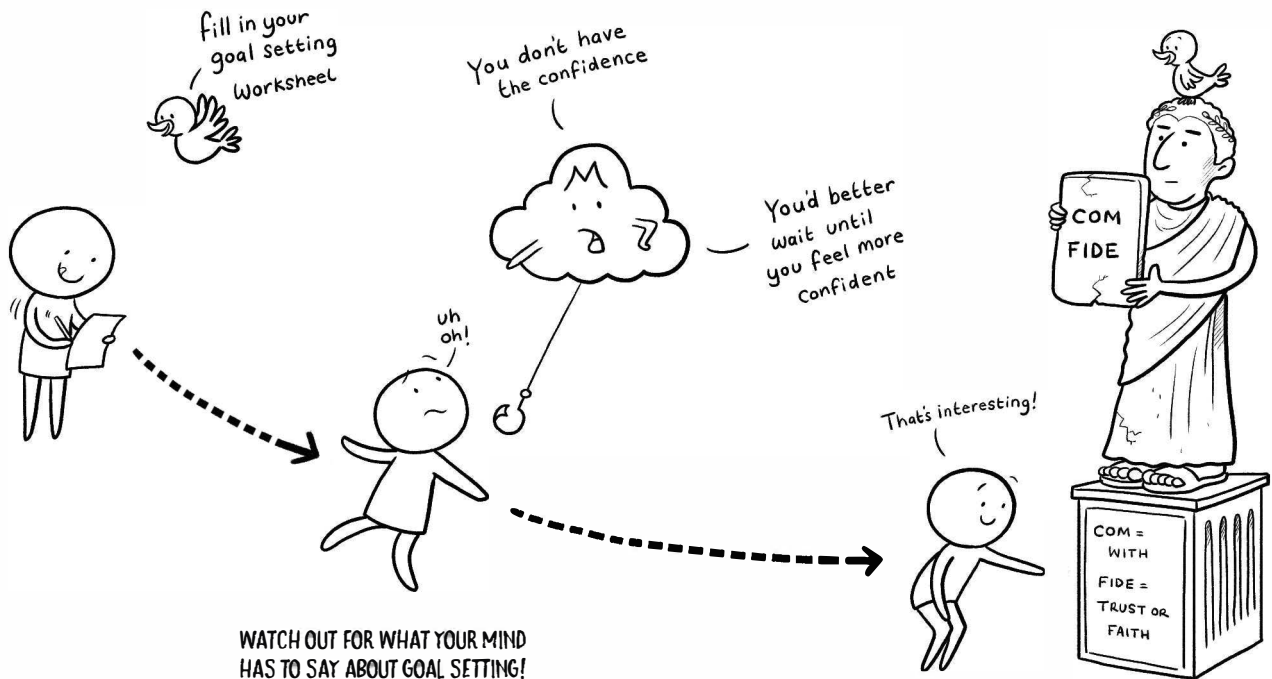
TIME FRAME-WHEN ARE YOU GOING TO START, SET A FIRM DATE?



TheHappinessTrap

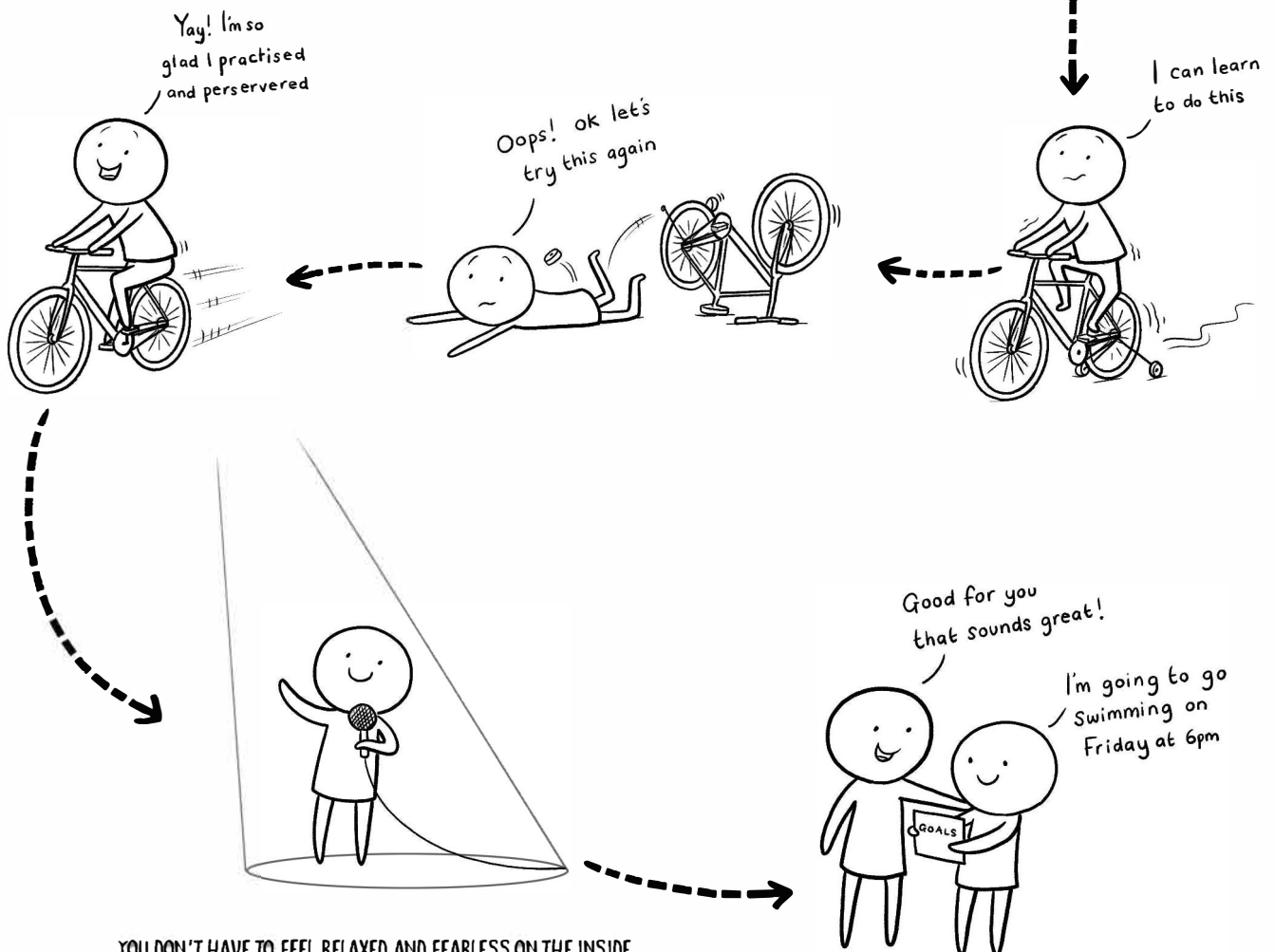
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THE HAPPINESS TRAP WEEK 7 PART C



WATCH OUT FOR WHAT YOUR MIND HAS TO SAY ABOUT GOAL SETTING!

CONFIDENCE COMES FROM THE LATIN WORDS COM AND FIDE MEANING WITH TRUST OR FAITH AN ACTION OF TRUST IN YOURSELF



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

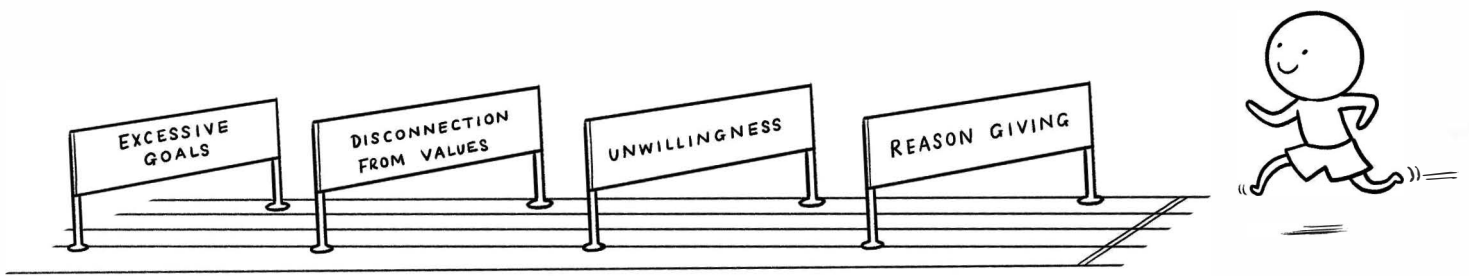
SHARE YOUR GOALS WITH PEOPLE YOU TRUST AND WHO WILL SUPPORT YOU



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THE HAPPINESS TRAP WEEK 7 PART D

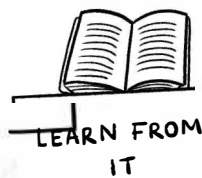


BE AWARE OF BARRIERS THAT WILL SHOW UP WHEN GOAL SETTING

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



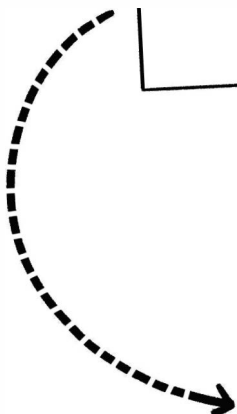
WHERE TO NEXT?



BE KIND TO YOURSELF



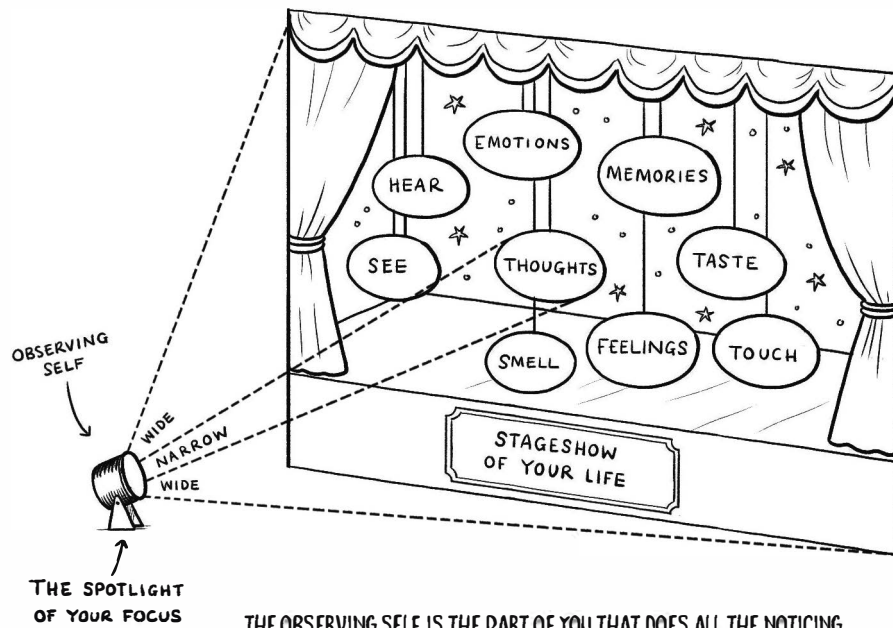
THE 4 STEPS TO TAKE WHEN EXPERIENCING FAILURE



SO PUT THESE SKILLS TOGETHER AND TAKE VALUED ACTION!



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 STAGESHOW

THERE IS A STILLNESS INSIDE YOU WHERE YOU ARE WITNESS TO WHAT IS HAPPENING IN YOUR BODY AND MIND

THE TRANSCENDENT ASPECT OF YOU

MASTER STORYTELLER



Let me tell you the story of you...

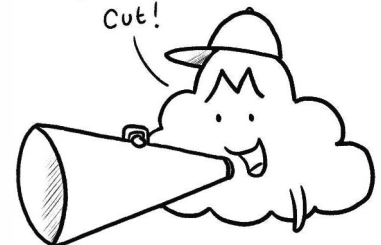
You can't do it
You're not good enough

Hmm,
Some of these
Stories are true
and some aren't
The question is,
are they helpful?

THIS PART OF YOU IS EVER PRESENT, ALWAYS NOTICING. IT NOTICES YOUR THOUGHTS AND FEELINGS, YOUR ROLES AND YOUR ACTIONS, YOUR TOWARDS AND AWAY MOVES ... AS A CHILD, AS A TEENAGER, AS AN ADULT, AND IN YOUR OLD AGE

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

Perfect!
Cut!



I'm not good enough
I can't do it

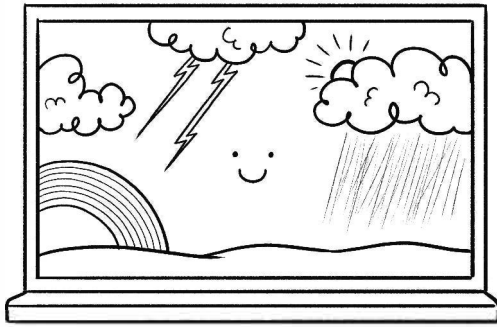
YOUR MIND IS LIKE THE MOST BIASED DOCUMENTARY MAKER EDITING YOUR FULL LIFE STORY TO A 5 MINUTE YOUTUBE CLIP



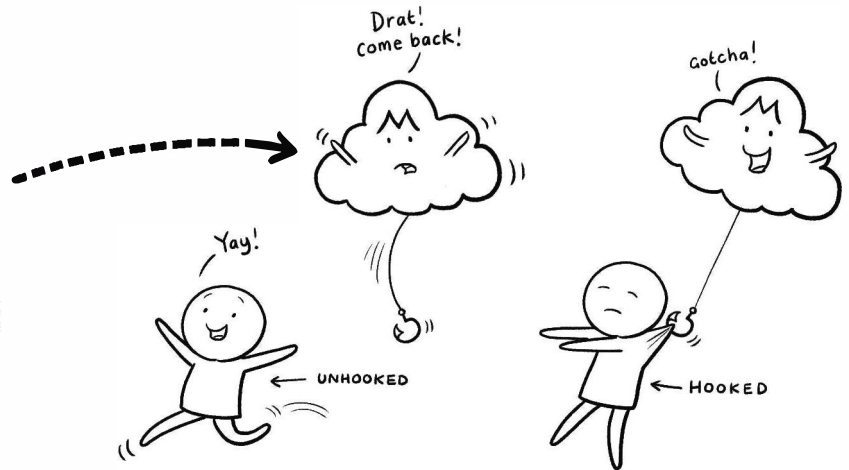
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THE HAPPINESS TRAP WEEK 8 PART B



YOU ARE LIKE THE SKY
THE WEATHER CANNOT HURT YOU
THE SKY ALWAYS HAS ROOM FOR THE WEATHER
AND THE WEATHER ALWAYS CHANGES



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

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



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

OK!

You can
do this!

COURAGE IS NOT FEARLESSNESS
IT'S DOING WHAT MATTERS TO YOU DEEP IN YOUR HEART
NO MATTER HOW YOU FEEL

Yay!
how exciting!

I'm going to make room
for my thoughts, feelings
and sensations and do this
however I feel because
this is what matters to me!



UNCHARTERED
TERRITORY

LIFE IS A DARING ADVENTURE OR NOTHING

You've
got this!



YOUR FUTURE

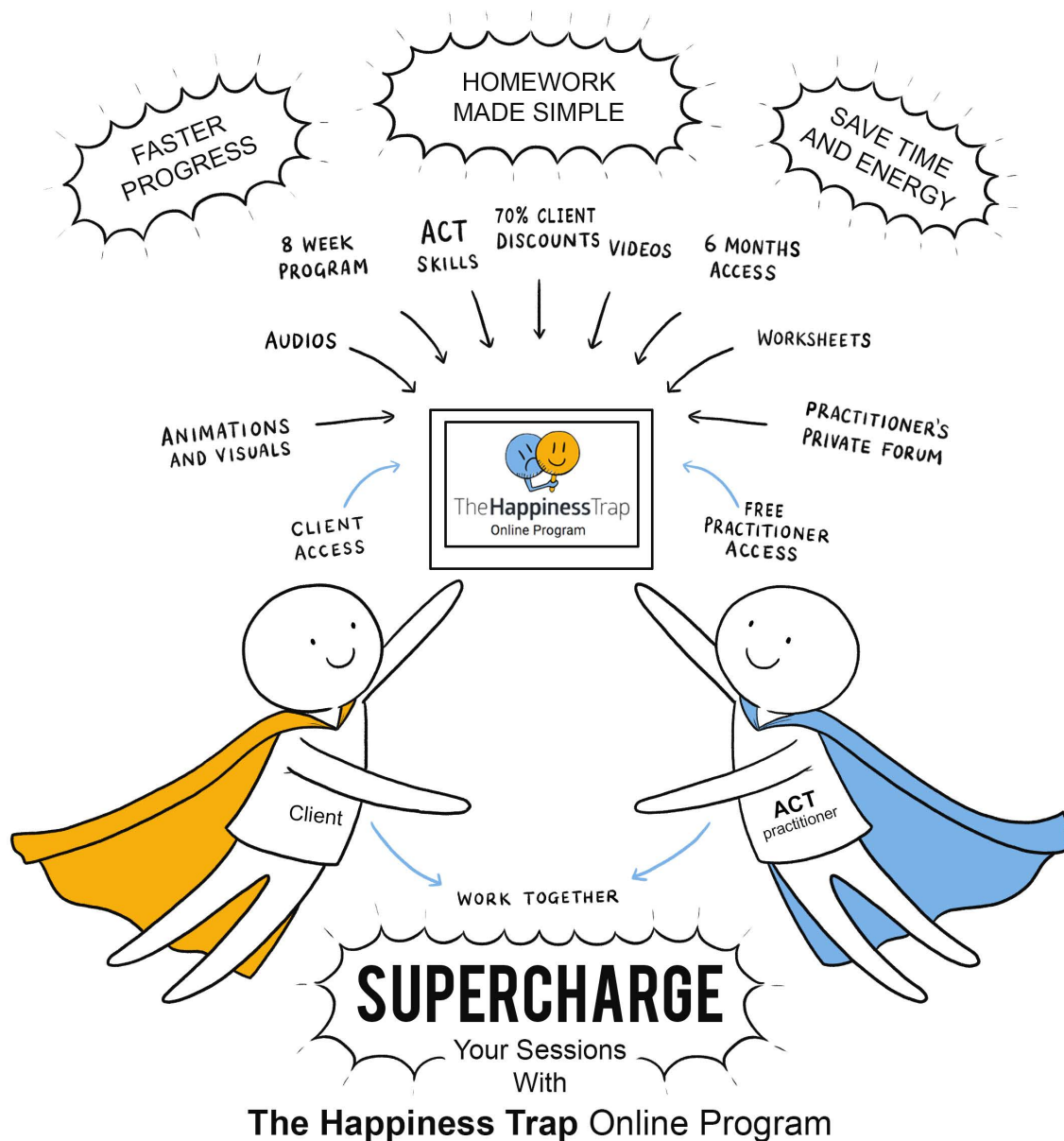


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Illustrations by Louise Gardner

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