

# The ACT Paradigm and Compassion Fatigue

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Moving Away From Values	Moving Towards Values
<p><b>Things I Say or Do That Don't Meet My Long Term Goals and Values:</b></p> <ul style="list-style-type: none"> <li>• Work Early or Late</li> <li>• Leaving Phone on Past Work Hours</li> <li>• Working Through Breaks</li> <li>• Trying To Make Things "Perfect"</li> <li>• Procrastination/Avoidance</li> <li>• Distraction: Substance Use/ Abuse, Risky Behaviours, Gambling, Self-Harm, Eating, Shopping</li> </ul>	<p><b>Things I Say Or Do That Meet My Long Term Goals and Values:</b></p> <ul style="list-style-type: none"> <li>• Taking Proper Breaks</li> <li>• Eating Healthy/Moving Body/ Breathing</li> <li>• Learning/Personal Growth</li> <li>• Clinical Supervision</li> <li>• Connection - Family/Friends/ Colleagues</li> <li>• Fun/Creativity/Spirituality</li> </ul>
<p><b>Things I Think and Feel That Are Unpleasant:</b></p> <ul style="list-style-type: none"> <li>• Troublesome Thoughts</li> <li>• Difficult Emotions</li> <li>• Uncomfortable Body Sensations</li> <li>• Powerful Urges</li> <li>• Painful Memories</li> </ul>	<p><b>Things I Think and Feel That Are Pleasant (My Values):</b></p> <ul style="list-style-type: none"> <li>• Family</li> <li>• Intimate Relationships</li> <li>• Parenting</li> <li>• Friends</li> <li>• Education</li> <li>• Career</li> <li>• Recreation</li> <li>• Health</li> <li>• Personal Growth</li> </ul>