

ACT Made Simple: The Extra Bits



The 'Dropping Anchor' Resource Kit

Audio MP3 - [Dropping anchor, step by step \(10 minutes\)](#) Do this first, before the other practices.

Audio MP3 - [Dropping anchor: 4 minutes](#)

Audio MP3 - [Dropping anchor: 8 minutes](#)

Audio MP3 - [Dropping anchor: 12minutes](#)

Tips: [When to “sit” with feelings](#)

Tips: [Dropping anchor in bed - a\) to help getting out of bed and b\) to aid sleep](#)

Tips: [Being flexible with dropping anchor](#)

Tips: [If the client says dropping anchor is “not working” or “I don’t get it”](#)

Tips: [Distraction versus flexible attention](#)

Client Handout: [How To Drop Anchor](#)