# Towards and away

Sorting what you do into moves towards the life you want and moves away from it.

Name _____ Date _____

Everything we do is either a move towards what matters or a move away from discomfort. Away moves are normal. Trouble comes when they take over.

Start bottom right and go round clockwise.

| | Away | Towards |
|---|---|---|
| **What I do (others could see it)** | **3. Away moves**<br>What do I do to get away from those thoughts and feelings? | **4. Towards moves**<br>What could I do, or do I already do, to move towards who and what matters? |
| **Inside me** | **2. What shows up and gets in the way?**<br>Difficult thoughts, feelings, memories, urges | **1. Who and what matters to me?**<br>People, and the kind of person I want to be |

**What do I notice when I look at the whole picture?**

**This week I will practise noticing, in the moment: "Is this a towards move or an away move?"**

*The same action can be either. A walk can be a move towards health, or a move away from a conversation. Only you can tell. Based on the ACT matrix developed by Kevin Polk and colleagues.*

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