Welcome back to week 4 of your life, your way with DNA-V

Today we will explore
- The Advisor
- Why humans have an advisor
- Is it helpful or unhelpful?
- Do we have control over our thoughts?
- How can we unhook from our thoughts?

Based on © DNA-V 2015 by Louise Hayes and Joseph Ciarrochi. With permission This group protocol has been adapted by Dr Natalie Roberts & Melissa McKimm RMN. Illustrated by Erin Johns
Recap

• What is DNA-V?

• Last session – NOTICER–
  Normalise A-N-D Allow

• New ‘rules’ for feelings: All feelings are ok, feelings just are, all feelings pass.
• Spend some time this week practicing the 3 NOTICER steps
  A-N-D (Become aware of any physical sensations or messages your body is sending you, name the sensation, describe the feeling)
• Apply the new “rules” for feelings
What is the difference between deliberate purposeful thinking,
And Thoughts that you cannot control?
I am lovable
I am good enough
I really want to be here
This is not going to help me
Give your ADVISOR a name that is different from your own name.

It’s a way of separating you from your ADVISOR so you can observe it and choose how you respond.
Discoverer

Advisor

Noticer

Values
How do we take the power back from our thoughts?
Home Practice

• Become more aware of your ADVISOR – give it a name that is different from your own name and say ‘Hello’.

• When you are stuck, Step into your NOTICER, breathe and ask if it is being helpful – taking you closer to your VALUES.

• Be a DISCOVERER, choose to respond differently and see if it works. – Did it take you closer to your VALUES?

Watch THESE videos

Got Negative Thoughts? - [https://www.youtube.com/watch?v=x-dMPXBl7yA](https://www.youtube.com/watch?v=x-dMPXBl7yA)
Mindfulness observing our train of thoughts - [https://www.youtube.com/watch?v=F0SWMICwtm0&t=35s](https://www.youtube.com/watch?v=F0SWMICwtm0&t=35s)
Four tips to help us unhook from difficult thoughts and feelings - [http://thehappinesstrap.com/unhooking-from-difficult-thoughts-or-feelings/](http://thehappinesstrap.com/unhooking-from-difficult-thoughts-or-feelings/)
ACT unhooking skills - [https://www.youtube.com/watch?v=-gq_pittCMU](https://www.youtube.com/watch?v=-gq_pittCMU)
See You

Next Week