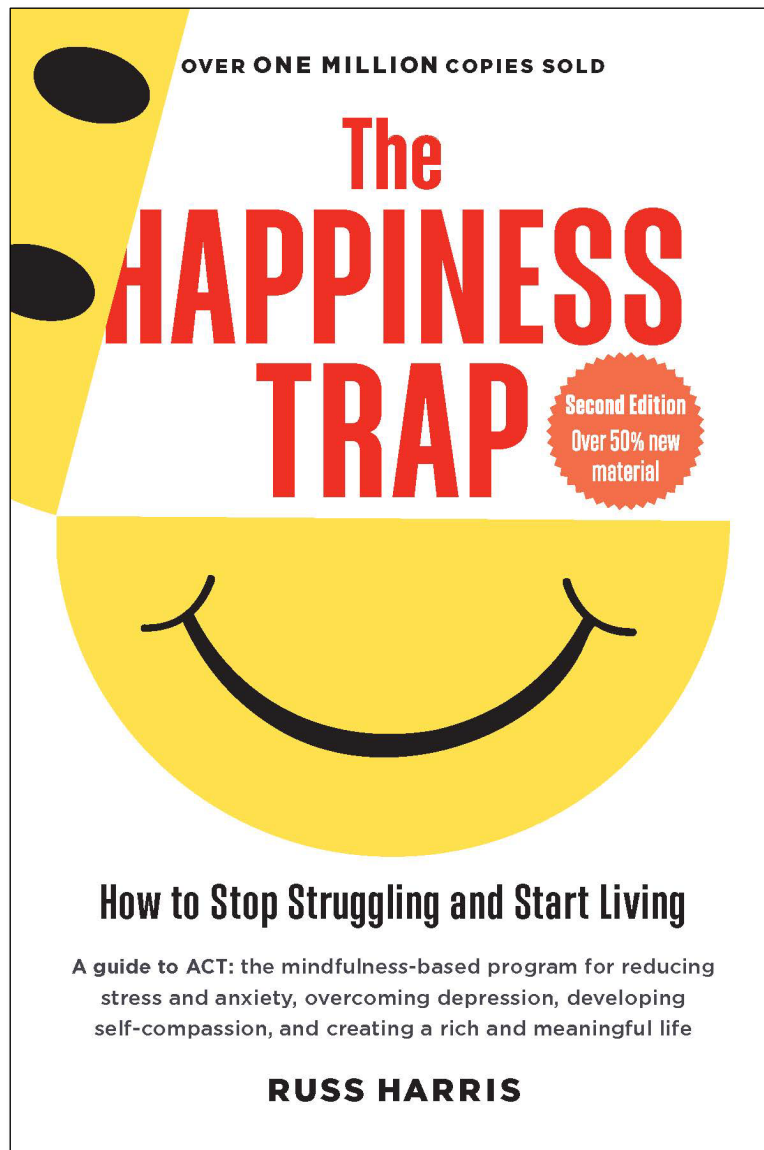


# The Happiness Trap: Extra Bits

Free resources for the 2nd edition.



**Free yourself from the shackles of depression, anxiety and stress, and instead build a rich and meaningful life, with the world's best-selling guide to Acceptance and Commitment Therapy (ACT).**

The 2nd edition of this million-copy bestseller has **over 50% brand new material**. There are new tools, techniques and exercises; new information about the nature and purpose of emotions (and how to overcome emotional numbness); many new topics and chapters, including how to break bad habits, push through procrastination, stop panic attacks, disrupt worrying and obsessing, deal with values conflicts and difficult dilemmas, overcome 'people pleasing' and perfectionism; practical tips for those suffering from trauma; and last, but definitely not least, a stack of new material on self-compassion.

***Please freely share the resources in this document with anyone you think may benefit.***

## Chapter 2

[Choice point diagram](#)

## Chapter 3

[Worksheet: Struggle Strategies & Their Costs](#)  
[Daily Journal: Costs of Struggle](#)

## Chapter 5

[Audio MP3: 4 minute version of dropping anchor](#)  
[Audio MP3: 8 minute version of dropping anchor](#)  
[Audio MP3: 11 minute version of dropping anchor](#)

## Chapter 9

[Audio MP3: Focusing on your breath](#)

## Chapter 10

[40 Common Values](#)

## Chapter 11

[Kind words and actions worksheet](#)

## Chapter 14

[Audio MP3: Making room for feelings \(the 'Physicalising Emotions' exercise\)](#)  
[Practical Tips: Learning to name your emotions](#)

## Chapter 15

[Audio MP3: An exercise in kind self-touch \(the 'Kind Hand' exercise\)](#)

## Chapter 17

[Audio MP3: Brief Body Scan \(5 mins\)](#)  
[Audio MP3: Medium-length Body Scan \(13 mins\)](#)  
[Audio MP3: Long Body Scan \(33 mins\)](#)

## Chapter 18

[Audio MP3: Dipping in and out of the stream](#)

## Chapter 19

[Audio MP3: watching your thoughts \(the 'leaves on a stream' exercise\)](#)  
[Audio MP3: 'listening in' to your thoughts](#)

## Chapter 20

[Audio MP3: 'Giving support' exercise \('compassion for the younger you'\)](#)

## Chapter 21

[Audio MP3 'Appreciating your hand'](#)

## Chapter 22

[Worksheet: Flavouring and Savouring](#)

## Chapter 23

[Worksheet: Values Squares](#)

[Worksheet: Setting short-term goals](#)

## Chapter 26

[Breaking bad habits worksheet](#)

[A list of 300 pleasant activities](#)

## Chapter 27

[Daily record: new behaviour & its benefits; old behaviour & its costs](#)

## Chapter 29

[Audio MP3: Handling Setbacks](#)

(Note from Russ: I didn't mention this audio in The Happiness Trap. I originally recorded it for another book, The Reality Slap. But, at the last minute, I thought it would be useful to add it here. As the name suggests, it helps you to handle those inevitable setbacks, disappointments and failures we all repeatedly have.)

## Facebook Groups

Anyone using this book for personal growth is very welcome to join the Happiness Trap Online

Facebook group: <https://www.facebook.com/groups/1880045398677806>

Professional ACT practitioners (e.g. therapists, coaches, doctors, nurses, counsellors, psychologists, social workers, OTs, dietitians, BCBA's, etc.) who use this book with their clients or patients are welcome to join the ACT Made Simple Facebook group:

<https://www.facebook.com/groups/941642582695315>