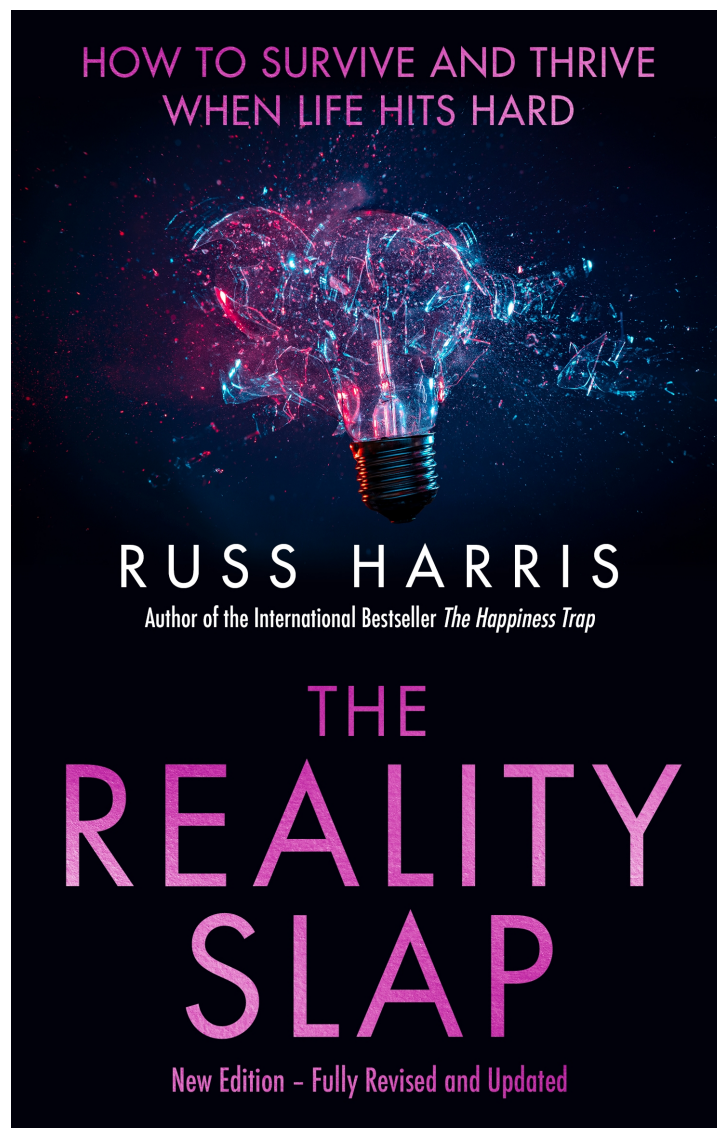


# The Reality Slap: Extra Bits

Free resources for the 2nd Edition of *The Reality Slap*  
By Dr Russ Harris

The 2nd edition of *The Reality Slap* is very different from the first, with over 50% new material. (In fact, it's so different that when it comes out in the USA and Canada on August 1st, they are giving it a new title: *When Life Hits Hard*.) The 2nd edition focuses entirely on grief and loss, and contains many new tools, practices, and strategies. ([Click here to download the first chapter](#).) Currently the second edition is only out in Australia, New Zealand, and the UK. (I love the new UK cover, reproduced below). Hopefully, there will soon be editions in many other languages.

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



## Chapter 5: When Storms Arise

- [Audio MP3 - dropping anchor: 40 seconds](#)
- [Audio MP3 - dropping anchor: 2 minutes](#)
- [Audio MP3 - dropping anchor: 7 minutes](#)
- [Audio MP3 - dropping anchor: 11 minutes](#)

## Chapter 10: A Curious Look

- [An audio MP3 of the “making room for difficult feelings” exercise](#)

## Chapter 11: A Kind Hand

- [Audio MP3: The “Kind Hand” self-compassion exercise](#)
- [Audio MP3: The “Kind Energy” exercise. Instead of laying a hand on your body, you imagine warm, kind energy flowing into you.](#)

## Chapter 12: When Memories Hurt

- [An audio MP3 of the “support for the younger you” exercise](#)

## Chapter 13: Making Life Meaningful

- [A values checklist](#)

## Appendix B: Mindfulness Of The Breath

- [An audio MP3 of “mindfulness of the breath”.](#)

## Appendix C: Goal Setting

- [A pdf of the goal setting worksheet](#)

## Additional Free Resources:

- [“Handling Setbacks” - this MP3 audio exercise takes you through being self-compassionate when you screw up, fail or things go horribly wrong.](#)
- [A pdf eBook on “Dealing with Dilemmas and Difficult Decisions”](#)