

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.
- [Dropping anchor: 4 minutes](#)
- [Dropping anchor: 8 minutes](#)
- [Dropping anchor: 12 minutes](#)

Tips

- [When to “sit” with feelings](#)
- [Dropping anchor in bed](#)
a) to help getting out of bed and b) to aid sleep
- [Being flexible with dropping anchor](#)
- [If the client says dropping anchor is “not working” or “I don’t get it”](#)
- [Distraction versus flexible attention](#)

Client Handout:

- [How To Drop Anchor](#)