

**NAME:** TVBES (THOUGHT, VOICE, BELIEF, EMOTION, SENSATION) CARDS

**SOURCE:**

- ACT for psychosis – R. Tingey, A. Pearson-Mauro, & G. Sholty

**INTENTION:** These cards can be used in a variety of ways to promote defusion, acceptance, and self-as-context.

**MATERIALS:**

- Cards can be printed on standard weight paper (pages 1, 3, 5 front and 2, 4, 6 on the back), laminated and cut along the lines. A large paper cutter works well.
- Alternatively cards can be printed on heavier paper (card stock) and not laminated. Our experience has been that laminated cards work better, last longer, and are more easily cleaned.

**USE:**

1. Pass out 3-5 cards to each member. Look over your cards with the idea that these are the TVBEPS you will have for the next 2 weeks.
- You can simply process how this is similar to TVBES that people are dealt in their lives.

SWAP Cards

2. Players can swap a TVBEPS card with another member, but the other member must be willing.
3. Players can trade with the dealer (give 1, get 2 back).
4. As this is going on, have the dealer walk around and randomly add a card or two to some members' hand. Allow some time for some last minute trading, then stop the game and ask everyone to hold their cards.
  - Are you having, or have you had some of the TVBEPS stated on the cards you hold?
  - Are your days kind of like this activity, where you just seem to be dealt TVBEPS ...randomly?
  - Is it true in life that we don't get to choose the mixed hand of TVBEPS cards we're dealt?
  - Do you see some TVBEPS as more beneficial than others—pleasant, meaningful, or useful? Why?
  - Did you try hard to get rid of or collect certain cards? Which ones? How did it work out?
  - Did you find that cards that were really difficult for you, others were willing to live with?
  - Is there any value to the not so pleasant, difficult TVBEPS? What?

GET rid of Cards

- Players can make their own cards (TVBES they experience). Ask what they would like to do with them. If they destroy it you can remake it and give it back to them. You can explore valued activities that might require them to have this card...

**USE RESTRICTIONS:**

- People are free to duplicate, use and adapt these cards for clinical or educational purposes, as long as this is done at no charge.
- People are encouraged to contact Jim Hill ([jim@moritaschool.com](mailto:jim@moritaschool.com)) with suggestions for improvement, translations, and adaptations.
- Duplication for sale or distribution in print or electronic form is prohibited without a written agreement. Please contact Jim Hill ([jim@moritaschool.com](mailto:jim@moritaschool.com)).

THOUGHT  
VOICE  
BELIEF  
EMOTION  
SENSATION

THOUGHT  
VOICE  
BELIEF  
EMOTION  
SENSATION

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SENSATION

THOUGHT  
VOICE  
BELIEF  
EMOTION  
SENSATION

THOUGHT  
VOICE  
BELIEF  
EMOTION  
SENSATION

I am having the  
thought that...

I cannot  
trust people

I am having the  
thought that...

I can't cope

I am having the  
thought that...

I cannot  
trust myself

I am having the  
thought that...

I am inadequate

I am having the  
thought that...

My life is hopeless

I am having the  
thought that...

What is happening  
to me is unfair

I am having the  
thought that...

things will workout

I am having the  
thought that...

I don't deserve  
happiness

I am having the  
thought that...

I don't care

THOUGHT  
VOICE  
BELIEF  
EMOTION  
SENSATION

THOUGHT  
VOICE  
BELIEF  
EMOTION  
SENSATION

THOUGHT  
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SENSATION

THOUGHT  
VOICE  
BELIEF  
EMOTION  
SENSATION

THOUGHT  
VOICE  
BELIEF  
EMOTION  
SENSATION

I am having a voice that...

Tells me I am being monitored

I am having a voice that...

is making funny comments

I am having a voice that...

Tells me I am bad

I am having a voice that...

tells me to harm myself

I am having a voice that...

tells me I am special

I am having a voice that...

comments on what I am doing

I am having a voice that...

says critical things about me

I am having a voice that...

Tells me I cannot trust other people

I am having a voice that...

is telling me what to do

THOUGHT  
VOICE  
BELIEF  
EMOTION  
SENSATION

THOUGHT  
VOICE  
BELIEF  
EMOTION  
SENSATION

THOUGHT  
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SENSATION

THOUGHT  
VOICE  
BELIEF  
EMOTION  
SENSATION

THOUGHT  
VOICE  
BELIEF  
EMOTION  
SENSATION

I am having the belief that...

I am better than others

I am having the belief that...

I am worse than others

I am having the belief that...

There is something wrong with me

I am having the belief that...

I am being victimized by other people's actions

I am having the belief that...

I am really lucky

I am having the belief that...

It's too late to change anything

I am having the belief that...

I am not okay the way I am

I am having the belief that...

I need other people to change

I am having the belief that...

I am fine the way I am

THOUGHT  
VOICE  
BELIEF  
EMOTION  
SENSATION

THOUGHT  
VOICE  
BELIEF  
EMOTION  
SENSATION

THOUGHT  
VOICE  
BELIEF  
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SENSATION

THOUGHT  
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EMOTION  
SENSATION

THOUGHT  
VOICE  
BELIEF  
EMOTION  
SENSATION

THOUGHT  
VOICE  
BELIEF  
EMOTION  
SENSATION



I am having the  
emotion...

sadness

I am having the  
emotion...

fear

I am having the  
emotion...

happiness

I am having the  
emotion...

contempt

I am having the  
emotion...

superiority

I am having the  
emotion...

hopelessness

I am having the  
emotion...

anger

I am having the  
emotion...

anxiety

I am having the  
emotion...

shame

THOUGHT  
VOICE  
BELIEF  
EMOTION  
SENSATION

THOUGHT  
VOICE  
BELIEF  
EMOTION  
SENSATION

THOUGHT  
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SENSATION

THOUGHT  
VOICE  
BELIEF  
EMOTION  
SENSATION

THOUGHT  
VOICE  
BELIEF  
EMOTION  
SENSATION

I am having the  
sensation...

cold

I am having the  
sensation...

hot

I am having the  
sensation...

tense

I am having the  
sensation...

restlessness

I am having the  
sensation...

low energy

I am having the  
sensation...

comfort

I am having the  
sensation...

pain

I am having the  
sensation...

achy

I am having the  
sensation...

emptiness