

From Page to Practice

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Excerpts & Questions from Hayes' *Get Out of Your Mind and Into Your Life*:

"This book is not about solving your problems in a traditional way so much as it is about changing the direction of your life, so that your life is more about what you value...While you've focused more on getting rid of the pain of presence, you've been feeling more of the pain of absence."

- What kinds of emotional struggles have impacted your life?
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"Experiential avoidance tends to artificially amplify the 'pain of presence' and it is the biggest source of the 'pain of absence' since it is avoidance that most undermines positive actions... Unfortunately, this strategy is built into human language for two reasons: language naturally targets our reactions, not just our situations and it makes it impossible to control pain by controlling situations, since any situation can be arbitrarily related to pain and thus evoke it."

- What messages does your mind repeat when you're distressed?