

ACT Therapy Worksheet

Basic Information			
First Name	Last Name	Date of Birth	Gender
Acceptance			
Situation - What is the situation you cannot control?			
Situation Origins - What caused the situation? Only use facts.			
Typical Thinking - What are your typical thoughts/response to this problem?			
Acceptance - What are your typical thoughts/response to this problem?			
Cognitive Defusion			
Describe a negative situation you encountered			
How did you feel in this situation?			
Step outside of this thought and defuse it. Precede your feelings and thoughts with, "I'm having the thought/ I'm having the feeling that..."			
How difficult are you finding this process on a scale from 1 (worst) to 10 (excellent)? Explain your rating.			

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Léo Pomar



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Finding Information in Science, Technology and Medicine Jill Lambert, Peter A. Lambert, 2004-11-23
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Planning, 2006 *The CPA Journal*, 2003 **What the IRS Doesn't Want You to Know** Martin Kaplan, Martin S. Kaplan, Naomi Weiss, 1998
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This guide shows how to work within the system to save money prevent audits take advantage of loopholes and avoid being an IRS target
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A.O.C. Newsletter California. Administrative Office of the Courts, 1986

The Rough Guide to South India David Abram, Devdan Sen, Nick Edwards, 2001
The ultimate handbook to this extraordinary region With comprehensive accounts of all the sights from shrines and temples to awesome ruins
Also includes practical advice on trekking in the Nilgiri Hills and discovering the stunning beaches of Goa Kerala and Karnataka
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Annual Southern Federal Securities Institute, 1996 The National Rural Letter Carrier, 2010 *Windows Magazine*, 1995

Law Society Journal, 2002 *Against the Grain*, 2004 *Bench & Bar of Minnesota*, 1996
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