

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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Ying-Ying Zheng



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