

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.			

Act Practice Tok Trending Today

Melissa A. Click, Suzanne Scott



Act Practice Tok Trending Today:

The Enigmatic Realm of **Act Practice Tok Trending Today**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Act Practice Tok Trending Today** a literary masterpiece penned by a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of people who partake in its reading experience.

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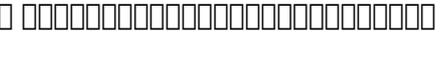
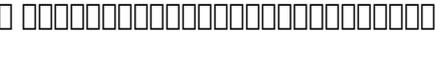
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