

Acceptance & Commitment Therapy Practice

Name _____ Age _____ Date _____

1. Name a time when you ran away from or avoided a problem.

Did the problem become better or worse? Why?

2. Write down a time when you tried to control a situation and it didn't turn out the way you planned.
3. Write down the negative thoughts you have about yourself.
4. Ask your friends about these thoughts to find out if they are true or not and why.
5. When you've been through hard times your mind tells you bad things because it is also afraid. Sometimes you have to ask other's questions about yourself to find out the truth and believe the truth about ourselves instead of what our mind tells us.
6. Force yourself to hold you head high, look people in the eyes, and relax yourself. Before you even step out the door, remind yourself that you are worthy of friendship. Tell yourself that you are a good person and people like you.
7. Have fun with people and make new friends. Do the things you enjoy and ask others to do them with you. If they say no it's not your fault and you can still have fun by yourself or with others.
8. Make a list of all the things you'd like to do in your future. List all the things you can do to make yourself the best person you can be.
9. Now look at the list and ask yourself if these things will make you happy and why. If not write down new goals.
10. Challenge yourself to do something good every day and prove to yourself that you are not the negative things your mind tells you.