Acceptance and Commitment Therapy II

Name_____Age_____Date_____

1. Problem

2. What should you not do about it?

3. Do you feel you can forgive yourself and others in order to let go of your pain? Not for them but for yourself.

4. What should you do about it?

5. Ask someone you trust to see what they feel would be the best solution.

6. Now what do you think is best?

7. Do what you and your friends agreed to be the most positive steps and then don't worry about it. Let go, let God. Stop trying to control or worry about everything and have faith that God will help you. Worry never produces anything but stress and misguided decisions anyways.

8. Do good deeds for others. Live life with friends, volunteer to help, whatever it takes to stay social and reconnect with people and activities that make you feel happy.