

Date: _____ Behavioral Target:
Replacement Behavior(s):

ACCEPT	Responses
Acknowledge: Have an active knowledge of pain or pleasure without defense.	What happened that triggered you today? What SIFT did you experience in response? <u>S</u> ensations: <u>I</u> mages: <u>F</u> eelings: <u>T</u> houghts: What automatic Impulse(s) did you experience? (<i>Avoid, Crave, Fuse</i>)
Compassionate Defusion: Get some healthy distance from the SIFT and impulses you listed above.	How did you get some healthy distance? (E.g., Nonjudgmental Awareness; Mindfulness; Healthy Distraction; Took a Break; Something Else?) If not, what stopped you? (E.g., Denial?; The Internal Librarian: memories/ "shoulds"; Low self-compassion?; Actions of others?; Something Else?):
Connect to Principles	Was your behavior (see "T") consistent or inconsistent with your principles? How so?

<p>Explore</p> <p>Possibilities:</p> <p>Brainstorm additional solutions to the problem (see STOP steps in chapter 10).</p> <p>What are the likely long-term outcomes for each possibility?</p>	<p>Possibility #1 and long-term outcome:</p> <p>Possibility #2 and long-term outcome:</p> <p>Possibility #3 and long-term outcome:</p> <p>Possibility #4 and long-term outcome:</p> <p>Possibility #5 and long-term outcome:</p>
<p>Put Aside Pride</p>	<p>Did you do what works or settle for being “dead right”? How so?</p>
<p>Take Action:</p> <p>Were your actions the opposite of what you wanted to do (automatic impulses)? If not, see table 12.2 for help identifying what you could do differently next time.</p>	<p>I wanted to avoid (escape), but I stayed by...</p> <hr/> <p>I wanted to stay (cling), but I avoided by...</p> <hr/> <p>I wanted to act out (overreact), but I found a way to compromise or “step away” by...</p> <hr/> <p>I wanted to act in (passively withdraw), but I found a way to speak-up by...</p>

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