

ACT Therapy Worksheet

Basic Information			
First Name Michelle	Last Name McGuire	Date of Birth 12/02/2000	Gender Female
Acceptance			
<p>Situation - What is the situation you cannot control? I've been feeling depressed because my parents are disappointed in my life, and how I'm not really achieving well in college compared to my older sister. My parents are disappointed that I haven't lived up to expectations, which I can never control.</p>			
<p>Situation Origins - What caused the situation? Only use facts. I dropped out of college and decided to work part time at my local café while I figure my life out, and so my parents told me that they're disappointed I never commit to anything. They said that I should be more like my sister.</p>			
<p>Typical Thinking - What are your typical thoughts/response to this problem? I would typically feel depressed, as I have been, as I'm already feeling lost and overwhelmed with my life right now. I would feel disappointed and angry at myself for not living up to my parents' expectations, which is really the bare minimum.</p>			
<p>Acceptance - What are your typical thoughts/response to this problem? I should accept that my parents have different expectations to me, however, it's more important for me to figure out what I want from my life. It's a push for me to pursue my own interests and what speaks to me that I can commit to.</p>			
Cognitive Defusion			
<p>Describe a negative situation you encountered My parents compared me to my sister, and said that she is "more of an achiever" than me.</p>			
<p>How did you feel in this situation? I felt sad, and tired to be honest. It's not the first time they've said that, and it's also not like I haven't tried to achieve high results too.</p>			
<p>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..."</p>			
<p>How difficult are you finding this process on a scale from 1 (worst) to 10 (excellent)? Explain your rating 6 - I can do this fairly well, and I can see how my situation looks from an outside perspective. However, sometimes, my personal opinions and feelings override the detachment process, and so I have to double-check that I am removing myself from the situation.</p>			

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