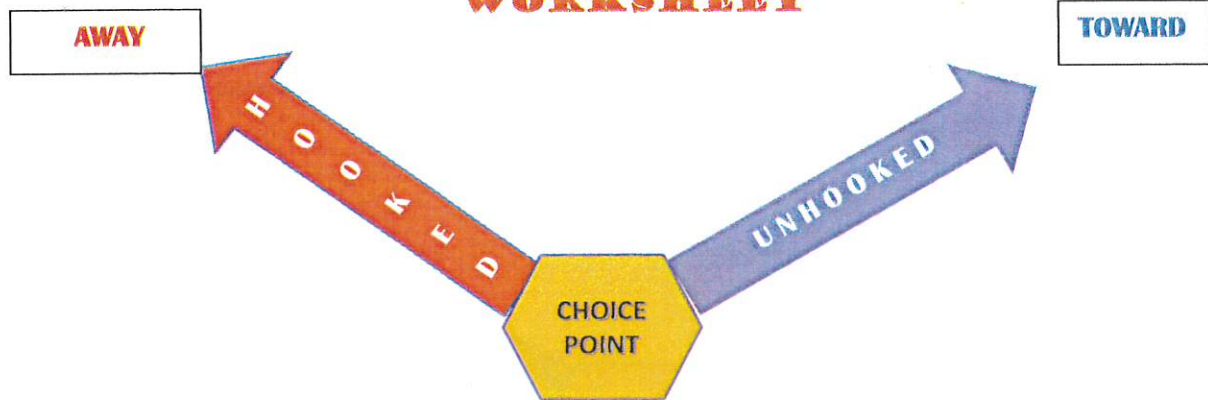


ACT-NOW - CHOICE POINT ALTERNATIV WORKSHEET



Situation, thoughts, feelings:

IMPULSE-CONTROLLED ANIMAL BRAIN	
1	FEAR AND IMPULSIVITY
2	THOUGHTLESS ON THE AUTOPILOT
3	AVOIDANCE
4	FUSION with thoughts, feelings,
5	BELIEVE IN THE SELF AS CONTENT
6	FORGOT MY VALUES
7	DOES NOT HAVE A MEANING WITH LIFE
8	PASSIVITY
9	CRITICAL OF HIMSELF AND OTHERS
10	FEELING WEAK AND HELPLESS
11	HAVE FEW SKILLS TO DEAL WITH NEGATIVE EVENTS
12	USES LITTLE MENTAL HYGIENE

RATION-DRIVEN HUMAN BRAIN	
1	COURAGEOUS AND RATIONAL
2	PRESENT IN THE NOW
3	ACCEPTANCE
4	DEFUSION from thoughts, feelings,
5	EXPERIENCE SELF AS CONTEXT
6	HAVE CONTACT WITH THE VALUES
7	HAS A CLEAR MEANING IN LIFE
8	VALUE-BASED ACTION
9	KIND TO SELF AND OTHERS
10	FEELS STRONG AND HOPEFUL
11	HAS MANY SKILLS TO TACKLE NEGATIVE EVENTS
12	USES MENTAL HYGIENE DAILY

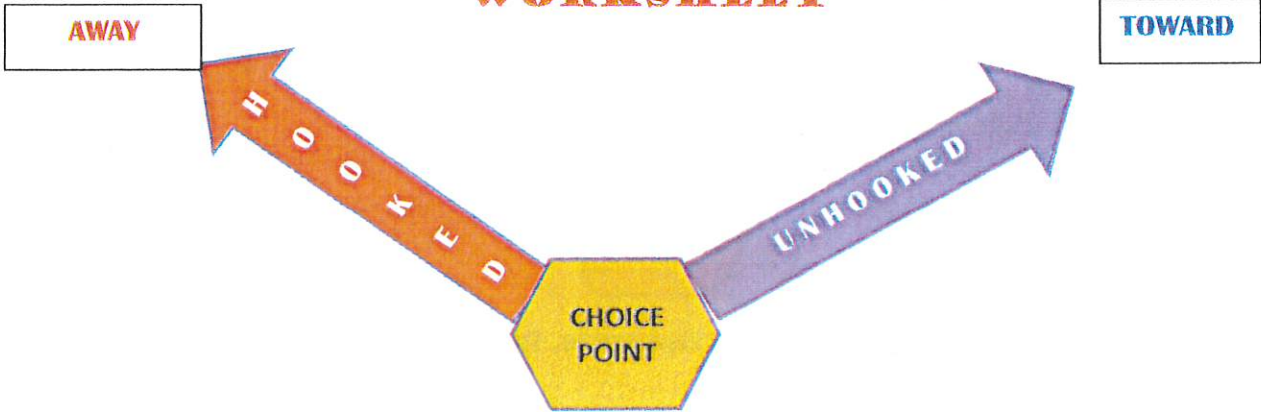
SKILLS:

1	EXERCISE :DROPPING AN ANCHOR
2	EXERCISE : OBSERVING THOUGHTS, FEELINGS, SENSATIONS AND NATURE
3	EXERCISE : "I HAVE THE THOUGHT THAT I HAVE ... THE THOUGHT, THE FEELING, THE SENSATION"
4	EXERCISE : DIFFUSION FROM THE SELF AS CONTENT
5	EXERCISE : „OBSERVATØR SELVET-SELVET SOM KONTEKST“
6	EXERCISE : SELF COMPASSION
7	EXERCISE FOR EXTREME FUSION
8	EXERCISE : THOUGHTS AS LEAFES ON A RIVER, AS CLOUDS ON THE SKY, AS CARS ON THE HIGHWAY
9	EXERCISE : BREATHING ANCHOR
10	EXERCISE : 10 MINUTES MINDFULNESS IN DAILY LIFE - ONE THING AT A TIME

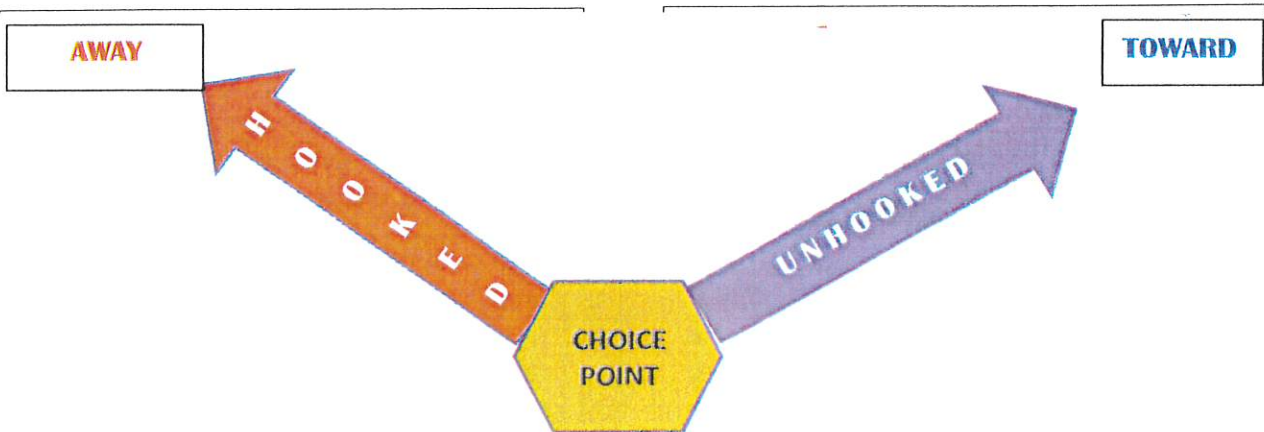
ACT-NOW: WEEK DIARY

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

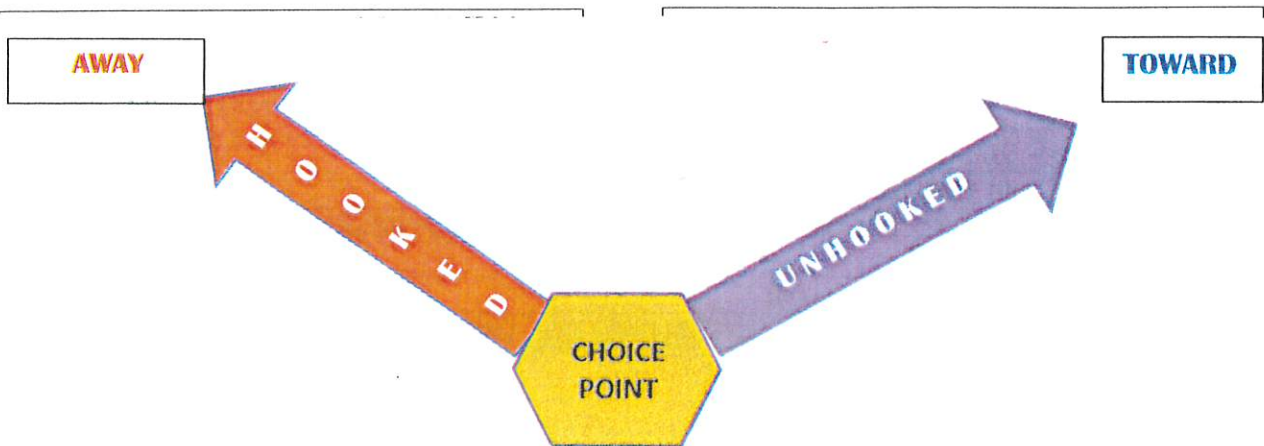
WORKSHEET



Situation, thoughts, feelings:



Situation, thoughts, feelings:



Situation, thoughts, feelings: