

join the dots



reflective exercise



individual

This worksheet is used to help you to identify mechanisms you have used previously (other than acceptance) to manage difficult thoughts and the long term implications of this.

It is critical that when completing this activity you do not judge actions or techniques as "good" or "bad". You need to be 100% honest.

First think about the situation and the difficult thoughts it brings up, then complete the below template. Note: you may not have a strategy in each, that is OK and remember, be honest

distractions

the distractions i have used are

the long term impacts of this are

opt out

ways i opt out are

the long term impacts of this are

thinking

i try to think my way out by

the long term impacts of this are

substances (or other)

the substances i have used are

the long term impacts of this are

Now reflect on which of these strategies have been successful in eliminating the thought entirely, so that it never comes back... the answer is none right? Whilst some maybe more helpful than others in the short term, they do not stop reoccurrence and as such can become a crutch. Now spend a few minutes thinking about what would happen if you were able to accept the thought without judgement or value... it would go away right?