Week one: identifying current barriers

Avoidance

What do you do to avoid these unwanted events and circumstances?

Struggle

What do you do with these difficult thoughts, feelings, sensations and memories?

Negative thoughts

What worrying thoughts, feelings, emotions and memories are you having?

Psychological rigidity

Your personal struggle

Values

Are these responses and behaviours in line with your values?

Unhelpful actions

What do you do in response to these unwelcome thoughts?