**ACT Daily Diary**

**Suffering**

Rate how upset and distressed (for example, anxious, depressed, angry, etc.) you were overall **in the past 24 hours**:

None Extreme amount

1 2 3 4 5 6 7 8 9 10

**Struggle**

Rate how much effort was put into making these upsetting feelings or thoughts go away (for example, through thought suppression, distracting yourself, reassuring yourself) **in the past 24 hours**:

None Extreme amount

1 2 3 4 5 6 7 8 9 10

**Workability**

If life in general were like this day, to what degree would today **(the past 24 hours)** be part of a vital, workable way of living?

None Extreme amount

1 2 3 4 5 6 7 8 9 10

**Valued Action**

Rate how effective you were in taking actions that accord with your values today **in the past 24 hours**:

None Extreme amount

1 2 3 4 5 6 7 8 9 10