

# 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?</p> <p>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.</p> <p>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?</p> <p>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?</p> <p>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</p> <p>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?</p> <p>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</p> <p>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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