

ACT THOUGHT RECORD

SITUATION	FEELINGS	THOUGHTS	ACCEPTANCE	PRESENT MOMENT AWARENESS	VALUES
<p>Y Current situation</p>	<p>Y What feelings do you notice - emotions and physical sensations</p>	<p>Y What thoughts are going through your mind</p>	<p>Y Mindfulness exercise to observe inner experience - look at it, not from it</p> <p>Y Recognise thoughts as thoughts, feelings as feelings</p> <p>Y Allow thoughts and feelings to come and go</p>	<p>Y Engage in the moment mindfully with where you are and what you are doing</p>	<p>Y Choose a response in line with your values</p>