

ACT: Creative Hopelessness

What inner experiences (thoughts, emotions, sensations, urges, memories) are you trying to avoid?

What have you tried? <i>(Recall: DOTS acronym Distraction Opting out Thinking strategies Substances, self-harm, etc.)</i>	How has this strategy worked in helping you avoid the above inner experiences? <i>(Short-term vs. Long-term?)</i>	What has this strategy cost you? <i>(Has this strategy had any negative effect on your health/wellbeing, impacted work/relationships, cost in terms of money, energy, missing out, etc.?)</i>



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What have I learnt through this exercise?