

WORKSHEET: Understanding an Episode of Rumination

Your name: _____

Remember to maintain an attitude of friendly curiosity.

Day and time	Triggering event	Ruminative thoughts	Emotions	Aftereffects and consequences

WORKSHEET: Understanding Your Patterns of Avoidance

Your name: _____

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Day and time	Event or situation	Avoidance behavior	What were you avoiding?	Short-term benefits of avoidance	Long-term harm of avoidance

WORKSHEET: Understanding an Emotional Experience

Your name: _____

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<p>Day and time When did this emotional experience happen?</p>	
<p>Triggering event Describe the situation that triggered your emotion.</p>	
<p>What emotions did you feel? Underline the strongest emotion.</p>	
<p>Intensity of the strongest emotion (1–10)</p>	
<p>What thoughts or images were going through your mind?</p>	
<p>What sensations did you notice in your body?</p>	
<p>What did you feel like saying or doing? (urges)</p>	
<p>What did you say or do? (behavior)</p>	
<p>Secondary emotions</p>	

WORKSHEET: Understanding Self-Criticism

Your name: _____

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Day and time	Triggering event	What self-critical thoughts were in your mind?	Aftereffects and consequences	What would you say to a friend in this situation?

WORKSHEET: Describing Your Values

Your name: _____

In this domain...	I value...
Spouse or partner	
Parenting	
Other family	
Friends	
Work	
Education and training	
Household management	
Community involvement	
Self-care	
Personal growth	
Recreation and leisure	
Spirituality	
Appreciation of beauty	
Other	

WORKSHEET: Rating Your Values and Behavior

Your name: _____

Domain	Importance (1-10)	Action (1-10)	Satisfaction with action (1-10)	Notes
Spouse or partner				
Parenting				
Other family				
Friends				
Work				
Education and training				

Household management				
Community involvement				
Self-care				
Personal growth				
Recreation and leisure				
Spirituality				
Appreciation of beauty				
Other:				

WORKSHEET: Mindful Observation Practice Log

Your name: _____

Day	Exercises practiced	Comments

WORKSHEET: Restating Judgments as Mindful Labels

Your name: _____

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Day and time	What was the situation?	What thoughts, emotions, sensations, or urges did you notice?	What was your judgmental thought?	Restate your judgment as a mindful label in three different ways.

WORKSHEET: Awareness of Multitasking

Your name: _____

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Day and time	What two or more things were you doing at the same time?	Pleasantness (1-5)	Advantages	Disadvantages

WORKSHEET: Acceptance and Willingness Log

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Day and time	In the service of these values and goals...	I practiced mindful acceptance of these thoughts and feelings...	And willingness to do these behaviors or activities...

WORKSHEET: Self-Validation

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Day and time	What was the situation?	What did you say to validate your experience?	Did self-validation help? If so, how?