

Name: \_\_\_\_\_ Date (of Sunday): \_\_\_\_\_



**Suffering:** How upset and distressed were you today?





















































**Avoid/Struggle:** During the day, how much did you avoid uncomfortable feelings or thoughts or situations in which they might occur? How much did you struggle against uncomfortable feelings or thoughts (by suppressing, distracting yourself, pushing away, seeking reassurance)?

**Workability:** If life in general were like today, to what degree would today be part of a vital, workable way of living for you?

**Valued Action:** During the day, how much did you engage in behaviors/actions that are consistent with your values (what you choose to be about and what matters to you most)?

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