

Opening Up to Feelings Diary

Acceptance and commitment therapy · Use: home · Cockpit segment 6

How Rachael's sheet was filled in. Take-home: one row a day comparing struggle with making room, and what each did to her life. The first two rows were made together.

One row a day

Day	What set it off, and the feeling	Struggle 0–10	Did I make room? How?	Long-term: life better or worse?
Mon	A coffee invitation. Fear, embarrassment.	8. Said no, checked supplies.	No. Tried to get rid of it.	Calm, then lonely. Worse.
Tue				
Wed	A short walk with Rob. Anxious.	4. Urge to turn back.	Yes. Named it, breathed, kept walking.	Felt closer to him. Better.
Thu				
Fri				
Sat				
Sun				

What I am learning

- When I struggle with the fear, I stay safe and my world shrinks.
- When I make room for it, I get to be with the people I love.

For the clinician
Rows 1 and 2 are examples made together. One row a day from here.

Opening-up (acceptance) diary format is standard in ACT (Harris, 2019). Mindspan house sheet ACT 04 is original text and layout.

If this topic brings something up for you, pause and look after yourself. In crisis or feeling unsafe, call **000**. 24/7 support: **Lifeline 13 11 14 · Beyond Blue 1300 22 4636**.