What have I tried, and how has it worked?

List what you have done to get rid of difficult thoughts and feelings, and how each has worked.

Name _____ Date _____

The thoughts and feelings I most want to get rid of

List everything you have done to avoid, reduce or escape them. Include the sensible things and the ones you are not proud of.

What I have tried	Did it help in the short term?	Did it help in the long term?	What did it cost me?

Looking at the whole list, what do I notice?

Has all this effort got rid of the thoughts and feelings for good?

If the answer is no, it does not mean you have not tried hard enough. It may mean that control is the wrong approach here.

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