

Use this sheet at the end of the day, or after a difficult moment. You don't need to write much - a few honest words are enough.

Date:

Moment / situation:

1. THE SITUATION

What happened? Where were you, with whom, what did everyone do?

2. THOUGHTS AND FEELINGS (without judging them)

What went through your mind? What did you feel in your body?

3. HOW YOU REACTED (the behavior)

What did you actually do? Was it a move toward or away from your values?

4. DEFUSION - a step back

Can you say the thought as: 'I notice I'm having the thought that...' instead of treating it as absolute truth?

5. VALUES INVOLVED

What truly mattered to you in that moment? What kind of person do you want to be?

6. ONE SMALL STEP TOWARD YOUR VALUES

What could you do differently next time - one small, realistic, concrete step?

7. SELF-COMPASSION

What would you say to a dear friend going through the same thing?

Psychological flexibility level today

(0 = not flexible at all, 10 = very flexible)



Your score: