



Until next meeting

1

Do the **Focus exercise 9 (Body & acceptance)** five times.

2

Write down **two bodily reactions** that you want to accept.

3

Use acceptance to manage **sensory stimuli** (such as sounds, visual input, touch) and **bodily reactions** (such as rapid heartbeat, dizziness, tension).

4

Use **acceptance** to manage body signals (such as hunger, thirst, warmth, cold).

5

Do one of your **goal behaviors**.

6

Check the **Yes-box** when you have completed the homework.

7

Write a **comment** about how it was to do the homework. For example, if it was difficult or easy, how long time it took to do it, or similar.

Completed the homework?

Yes No

Comments