



Until next meeting

1

Do the **Focus exercise 10 (Being here & now)** five times.

2

Write down **two social situations** that you want to handle.

3

Do one **goal behavior** in a social situation.

4

Use **focus training, perspective, acceptance, and life values** to handle stressful thoughts, emotions, and bodily reactions that appear in the social situation.

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