

Fighting what you can't change worksheet

Trigger

e.g. increase in symptoms, emotional feelings or thoughts.

What do you find difficult?



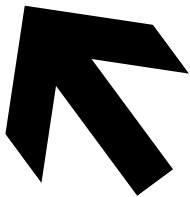
**Stress
response**



Wanting to fight
what you
can't change



**Automatic
Dislike**



Resistance



Natural tendency to try to right, resist or ignore how you feel.

How does this tend to show for you?

What I say to myself

What I do

What I say to others