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Feeling Word Must Be Present In The Answer, Such As: "Terrorism Makes Me ANGRY" Or "Terrorism Makes Me Feel WORRIED" Or "I Am AFRAID Of Terrorism" > Normally, When Things Are Going The Way They Are Supposed To, Thoughts Are Based On Some Form Of Reason Or Logic. Although Though Jan 24th, 2024

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#### The "hands As Thoughts & Feelings" Exercise

This Exercise Is Predominantly A Metaphor For Defusion, Although It References All 6 Core ACT Processes. It's Evolved From My Earlier "hands As Thoughts" Exercise (in "ACT Made Simple"), And The Instructions Overlap A Lot (but Also Differ Significantly In Places) With My "pushing Away Paper Exercise". Mar 3th, 2024

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Feelings . Describe Your Feelings. Stick With Emotion Words (scared, Excited, Nervous) And Steer Clear Of Blaming Statements Such As Abandoned, Attacked, Betrayed, Which Have More To Do With Another Person Than With Your Own

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