

My Inner Advisor's Name: _____

Rules				
Painful Situation	What rule did my inner advisor give me?	How did I act?	What was the immediate or short-term consequence?	What was the long-term consequence?
<i>John made fun of me at work.</i>	<i>"People must respect me." "Insulting people is the only way to get them to change their disrespectful behavior."</i>	<i>I called John an ugly fatso.</i>	<i>I felt better. Thought, "He asked for it," "he won't do that again."</i>	<i>I got in trouble at work. I now have a disciplinary action in my work record.</i>

Judgments				
Painful Situation	What judgment did my inner advisor give me?	How did I act?	What was the immediate or short-term consequence?	What was the long-term consequence?
My husband was late for dinner.	<p>"He cares more about his work than me."</p> <p>"He doesn't love me anymore."</p>	Yelled at him for being late when he came home.	<p>My husband complained, "You get hysterical whenever I'm a few minutes late?"</p> <p>He ate dinner by himself.</p>	<p>He works a lot of extra hours.</p> <p>He rarely eats dinner at home during the week.</p>

Past

Painful Situation 1

Describe the situation your inner advisor went over again and again. _____

What thought related to the situation did your inner advisor go over repeatedly?

How much time did your inner advisor spend thinking about the situation?
(0 = none to 10 = a lot)

Rating _____

How much time did your inner advisor spend going over the thought?
(0 = none to 10 = a lot)

Rating _____

Did the time your inner advisor spent thinking about the situation change what happened significantly? If yes, how did it change? _____

Did the time your inner advisor spent going over the thought bring up any painful feelings? If yes, what showed up? _____

Did you wish your inner advisor would stop thinking about the situation and offer you suggestions instead? _____ If yes, did that wish come true? _____

Painful Situation 2

Describe the situation your inner advisor went over again and again. _____

What thought related to the situation did your inner advisor go over repeatedly?

How much time did your inner advisor spend thinking about the situation?
(0 = none to 10 = a lot)

Rating _____

How much time did your inner advisor spend going over the thought?
(0 = none to 10 = a lot)

Rating _____

Did the time your inner advisor spent thinking about the situation change what happened significantly? If yes, how did it change? _____

Did the time your inner advisor spent going over the thought bring up any painful feelings? If yes, what showed up? _____

Did you wish your inner advisor would stop thinking about the situation and offer you suggestions instead? _____ If yes, did that wish come true? _____

References

Gallo, F. J. (2016). *A practitioner's guide to using the acceptance and commitment therapy matrix model*. Frank J. Gallo.

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