

Opposites

Situation	Thoughts, feelings, sensations, images	Action

Write about what you noticed and learned in doing this exercise.

References

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

Gallo, F. J. (2017). *Bouncing back from trauma: The essential step-by-step guide for police readiness*. North Charleston, SC: CreateSpace Independent Publishing Platform.

Gallo, F. J. (2022). *Living with anger: Acceptance and commitment therapy for emotional resilience*. Frank J. Gallo.

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