

# Defectiveness Triggers ACT Worksheet

Date: \_\_\_\_\_ Name: \_\_\_\_\_

Physician's Name: \_\_\_\_\_

<b>Domain</b> (Please tick only one)	<input type="checkbox"/> Work <input type="checkbox"/> Friendship <input type="checkbox"/> Family <input type="checkbox"/> Partner <input type="checkbox"/> Parenting <input type="checkbox"/> Community
<b>Situation</b>	
<b>Thoughts</b>	
<b>Emotions</b>	

<b>Urges</b> (if you didn't react)	
<b>Behavioral Reactions</b>	

**Reference:** McKay, M., Ph.D., Greenberg, M. J., PsyD, & Fanning, P. (2020). Defectiveness Coping Behaviors. In *The ACT Workbook for Depression & Shame*. New Harbinger Publications, Inc.