

ACT THERAPY

What to do with those emotions?



Label- "I am feeling overwhelmed."



Context- "This makes sense. I worked a lot of hours this week."



Values- "I really wanted to do a good job and not disappoint."



Normalize- "A lot of people feel overwhelmed when working this much."



Accept- "I don't like feeling this but it makes sense."



Care- "What can I do within my values to cope right now?"

Thinking About Therapy

David Kirk



Thinking About Therapy:

Thinking About Therapy Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become much more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Thinking About Therapy**," written by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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