Feedback

The ACT of Self Forgiveness – Seven steps to unburdening yourself and Engaging with Life

| 1. | The program was designed to give a basic understanding of the principles of ACT what was the outcome for you? |
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| 2. | The program was designed to provide an understanding of possible responses to self forgiveness - what was your experience of this? |
| 3. | The program was designed to give practical methods of applying psychological skills to everyday life experience – what was your view methods presented? |
| 4. | Were you able to apply these methods - what was your experience? |
| 5. | Was there been sufficient balance between theory and practice or instruction/lecturing and practice, If not how could this have been improved? |
| 6. | What were the best / least enjoyable aspects? Best |
| | Least |
| 7. | In what other ways could this program have been improved? |
| 8. | Would you recommend this program to others if so why? |