

DEALING WITH DOWNERS

Instructions: Listed below are statements sometimes made by multi-problem patients during the course of therapy. With you and your partner alternating as “client” and “therapist”, role play an ACT consistent response to each statement.

1. I'm just tired of always having to struggle. I'd be better off dead.
2. You don't really know how I feel (said angrily).
3. You don't really care about me. You are just saying you do.
4. If you are asking me to accept the way I feel, I'd rather kill myself instead.
5. If you felt the way I do, you'd be trying to kill yourself too.
6. What you are asking me to do is just too hard.
7. I don't feel any better than when I started working with you (said challengingly)
8. Why do you keep asking me what I want my life to be about? I can't set goals in my life when I'm always suicidal.
9. (In response to a values type question) I don't have any values! I just try to make it through one day at a time.