

# EXERCISE: Checklist of Progress

Place a tick (✓) beside the skills you've achieved or leave blank if you believe further work is needed. You can work more on these skills by reviewing the chapters noted in parentheses.

- \_\_\_\_\_ *I'm able to identify the key intrusive thought, image, or memory associated with my experiences of depression, anxiety, obsessions, guilt, or frustration. (See chapters 1 and 3.)*
- \_\_\_\_\_ *I realize my efforts to refrain from (suppress) unwanted intrusive thoughts are counterproductive. (See chapter 2.)*
- \_\_\_\_\_ *I am no longer afraid of losing control of my mind. (See chapter 2.)*
- \_\_\_\_\_ *I understand how I attach unrealistic importance to my unwanted mental intrusions; that is, how I interpret the intrusion as a toxic mental experience. (See chapters 3 and 4.)*
- \_\_\_\_\_ *I have created my own mental-control profile. (See chapter 3.)*
- \_\_\_\_\_ *I now consider the distressing intrusion less personally significant; that is, I'm able to detoxify the intrusion. (See chapter 4.)*
- \_\_\_\_\_ *I can catch myself when I overthink and correct this way of thinking (See chapter 5.)*
- \_\_\_\_\_ *I'm able to let go of excessive mental-control effort. (See chapter 5.)*
- \_\_\_\_\_ *I'm aware of my reliance on maladaptive control strategies. (See chapter 5.)*
- \_\_\_\_\_ *I've developed a more accepting, tolerant attitude towards unwanted distressing thoughts and feelings. (See chapter 6.)*
- \_\_\_\_\_ *I've found mindful self-acceptance helpful. (See chapter 6.)*