

# My ACT Chart

**MY TOP THREE GOALS ARE:**

- 1. ....
- 2. ....
- 3. ....

**THESE GOALS ARE IMPORTANT TO ME BECAUSE I VALUE:**

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.....

**EACH DAY OF THE WEEK MY SKIN CARE PLAN IS:**

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.....  
.....

**ADD INFORMATION FROM YOUR GP OR DERMATOLOGIST HERE:**

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(YOU MIGHT SET PHONE REMINDERS FOR CERTAIN TIMES OF THE DAY TO HELP YOU REMEMBER!)

**THOUGHTS AND FEELINGS THAT SOMETIMES PULL ME AWAY FROM THIS PLAN INCLUDE:**

- 1. THOUGHTS: .....
  - .....
  - .....
  - .....
  - .....
  - .....
- 2. FEELINGS: .....
  - .....
  - .....
  - .....
  - .....
  - .....

# My ACT Chart

**TO HELP ME STAY ON TRACK:**

1. I CAN LET GO OF THESE THOUGHTS BY NOTICING THEM LIKE CARS PASSING DOWN THE STREET AS I STAND BY THE WINDOW. (IMAGINE THE CAR TAKING AWAY YOUR THOUGHTS.)
2. I CAN PRACTISE ACKNOWLEDGING THESE FEELINGS AND LETTING THEM BE WITH ME BEFORE I LET THEM GO.

**YOU CAN ALSO WRITE YOUR OWN IDEAS HERE:**

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**THINGS SOME PEOPLE WITH ECZEMA DO TO BE MORE WILLING TO APPLY THEIR CREAMS INCLUDE:**

- SNAP CHAT SCANNING
- CATCHING UP ON NETFLIX OR YOUTUBE

**WHAT MIGHT YOU DO?**

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TEENAGERS WITH ECZEMA **LIVE YOUR LIFE**

NATIONAL  
**ECZEMA**  
SOCIETY