

van Lingen Dennis
 Form 4
 November 23, 2010

FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
 Washington, D.C. 20549

OMB APPROVAL

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *
 van Lingen Dennis

2. Issuer Name and Ticker or Trading Symbol
 FORRESTER RESEARCH INC
 [FORR]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)

3. Date of Earliest Transaction
 (Month/Day/Year)
 11/19/2010

___ Director ___ 10% Owner
 Officer (give title below) ___ Other (specify below)
 President, EMEA

FORRESTER RESEARCH,
 INC., 400 TECHNOLOGY
 SQUARE

(Street)

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 ___ Form filed by More than One Reporting Person

CAMBRIDGE, MA 02139

(City) (State) (Zip)

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Ownership (Instr. 4)
			Code	V	Amount or Price (A) or (D)		
Common Stock	11/19/2010		M		4,970 A \$ 25.16	4,970	D
Common Stock	11/19/2010		S		4,970 D \$ 35.5	0	D
Common Stock	11/19/2010		M		1,250 A \$ 14.73	1,250	D
Common Stock	11/19/2010		S		1,250 D \$ 35.5	0	D
	11/19/2010		M		4,000 A	4,000	D

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Common Stock					\$	18.42	
Common Stock	11/19/2010	S	4,000	D	\$ 35.5	0	D
Common Stock	11/19/2010	M	2,500	A	\$ 14.06	2,500	D
Common Stock	11/19/2010	S	2,500	D	\$ 35.5	0	D

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

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Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned
(e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)	8. Amount or Number of Shares
Incentive Stock Option (Right to Buy)	\$ 25.16	11/19/2010		M	2,472	03/16/2005 03/15/2011	common stock	2,472
Non Qualified Stock Option (Right to Buy)	\$ 25.16	11/19/2010		M	2,498	03/16/2003 03/15/2011	common stock	2,498
Incentive Stock Option (Right to Buy)	\$ 14.73	11/19/2010		M	1,250	03/31/2007 03/30/2013	common stock	1,250
	\$ 18.42	11/19/2010		M	4,000	03/31/2008 03/30/2014		4,000

