

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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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

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)
				(A) or (D)	Price		
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.

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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

Non Qualified Stock Option (Right to Buy)								common stock	
Incentive Stock Option (Right to Buy)	\$ 14.06	11/19/2010	M	2,500	03/31/2007	03/30/2015		common stock	2,500

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
van Lingen Dennis FORRESTER RESEARCH, INC. 400 TECHNOLOGY SQUARE CAMBRIDGE, MA 02139			President, EMEA	

Signatures

Maite Garcia, attorney in fact for Dennis van Lingen	11/23/2010
<small>**Signature of Reporting Person</small>	<small>Date</small>

Explanation of Responses:

* If the form is filed by more than one reporting person, *see* Instruction 4(b)(v).

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. *See* 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.
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