

Acceptance and Sources of Strength CBT Worksheet

Part 1: Self-Reflection

On a scale of 1 to 10, with 1 being not at all and 10 being completely, how accepting are you of yourself and your current situation regarding [specific issue] _____ ?

Response: _____

What are some thoughts or beliefs that might be preventing you from fully accepting your situation? List them below:

Belief/Thought 1: _____

Belief/Thought 2: _____

Belief/Thought 3: _____

Challenge your negative beliefs: For each belief or thought listed above, try to reframe it in a more accepting and positive way.

Belief/Thought 1 (Reframe): _____

Belief/Thought 2 (Reframe): _____

Belief/Thought 3 (Reframe): _____

Part 2: Strengths Inventory

Instructions: Identify at least three strengths you possess. Reflect on how you've used these strengths in the past and how you can leverage them to improve your current situation.

Strength	How I've Used This Strength in the Past	How I Can Use This Strength to Improve My Current Situation
Strength 1		
Strength 2		
Strength 3		

Part 3: Positive Affirmations

List three positive affirmations that you can use daily to promote self-acceptance and resilience. Repeat these affirmations to yourself regularly to reinforce a positive mindset.

Affirmation 1: _____

Affirmation 2: _____

Affirmation 3: _____