

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: _____