

ACT Therapy Worksheet

| Basic Information | | | |
|--|-----------|---------------|--------|
| First Name | Last Name | Date of Birth | Gender |
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| Acceptance | | | |
| Situation - What is the situation you cannot control? | | | |
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| Situation Origins - What caused the situation? Only use facts. | | | |
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| Typical Thinking - What are your typical thoughts/response to this problem? | | | |
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| Acceptance - What are your typical thoughts/response to this problem? | | | |
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| Cognitive Defusion | | | |
| Describe a negative situation you encountered | | | |
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| How did you feel in this situation? | | | |
| | | | |
| Step outside of this thought and defuse it. Precede your feelings and thoughts with, "I'm having the thought/ I'm having the feeling that..." | | | |
| How difficult are you finding this process on a scale from 1 (worst) to 10 (excellent)? Explain your rating | | | |
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Being Present

List what you are seeing right now

List what you are feeling right now

List what you are hearing right now

List what you are smelling right now

Self as Context

Think of what is troubling you right now...
What are the emotions you are experiencing?

What are you telling yourself?

Change the story - What would you say to a friend experiencing this?

Defuse the story - Rephrase the issue outside of yourself e.g. "I am having the thought that..."

What are some ways to overcome this issue?

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Values

List at least 10 values that are important to you in life, and rate from 1 (Not Important) to 5 (Very Important)

| Value | Description | Importance |
|-------|-------------|------------|
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Committed Action

Consider these life components:

- | | | |
|--|---|--|
| <ul style="list-style-type: none"> • Family • Parenting • Romantic Relationships • Social Life | <ul style="list-style-type: none"> • Friends • Education • Career • Self-care | <ul style="list-style-type: none"> • Religion/Spirituality • Fun • Nature |
|--|---|--|

Select your top 5, and write down your intentions and at least 3 committed actions for each

Life Component #1:

The component of life that I value is:

My intention for this component of my life is to:

Committed actions that I'm willing to take include the following:

| Committed Action | Start Date |
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Life Component #2:

The component of life that I value is:

My intention for this component of my life is to:

Committed actions that I'm willing to take include the following:

| Committed Action | Start Date |
|------------------|------------|
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Committed Action (Continued)

Life Component #3:

The component of life that I value is:

My intention for this component of my life is to:

Committed actions that I'm willing to take include the following:

| Committed Action | Start Date |
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Life Component #4:

The component of life that I value is:

My intention for this component of my life is to:

Committed actions that I'm willing to take include the following:

| Committed Action | Start Date |
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Committed Action (Continued)

Life Component #5:

The component of life that I value is:

My intention for this component of my life is to:

Committed actions that I'm willing to take include the following:

| Committed Action | Start Date |
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Additional Note