

# ACT Therapy Worksheet

Basic information					
First name	Last name	Date of birth	Gender		
Acceptance					
Situation - What is the situation you cannot control?		Situation origins - What caused the situation? Only use facts.			
Typical thinking - What are your typical thoughts/response to this problem?		Acceptance - What are your typical thoughts/response to this problem?			
Cognitive defusion					
Describe a negative situation you encountered.		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					
1                      2                      3                      4                      5                      6                      7                      8                      9                      10					
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.			

<b>Self as context</b>		
<b>Think of what is troubling you right now...</b>		
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?		
<b>Values</b>		
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

<b>Committed action</b>	
<b>Consider these life components:</b>	
<ul style="list-style-type: none"> <li>• Family</li> <li>• Parenting</li> <li>• Romantic relationships</li> <li>• Social life</li> </ul>	<ul style="list-style-type: none"> <li>• Friends</li> <li>• Education</li> <li>• Career</li> <li>• Self-care</li> </ul>
<ul style="list-style-type: none"> <li>• Religion/Spirituality</li> <li>• Fun</li> <li>• Nature</li> </ul>	
Select your top 5, and write down your intentions and at least 3 committed actions for each.	
<b>Life component #1</b>	
The component of life that I value is:	
My intention for this component of my life is to:	
<b>Committed action</b>	<b>Start date</b>
<b>Life component #2</b>	
The component of life that I value is:	
My intention for this component of my life is to:	
<b>Committed action</b>	<b>Start date</b>
<b>Life component #3</b>	
The component of life that I value is:	
My intention for this component of my life is to:	
<b>Committed action</b>	<b>Start date</b>

Life component #4	
The component of life that I value is:	
My intention for this component of my life is to:	
Committed action	Start date
Life component #5	
The component of life that I value is:	
My intention for this component of my life is to:	
Committed action	Start date
Additional notes	