

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.							

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?		
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

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 action	Start date
Life component #2	
The component of life that I value is:	
My intention for this component of my life is to:	
Committed action	Start date
Life component #3	
The component of life that I value is:	
My intention for this component of my life is to:	
Committed action	Start date

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	