

Consequences of Defectiveness Coping Behaviors ACT Worksheet

Client's Name:

Date:

Step 1: Identify Coping Behaviors

List the coping behaviors you engage in as responses to feelings of effectiveness.

1.

2.

3.

Step 2: Explore Short-Term Benefits

For each coping behavior, identify the short-term benefits you perceive.

Coping Behavior	Short-term benefit

Step 3: Recognize Long-Term Costs

Reflect on the long-term consequences of each coping behavior.

Coping Behavior	Long-term benefit

Step 4: Connect with Values

Identify your core values and consider how coping behaviors conflict with them.

- Core values:

- How do coping behaviors conflict with these values?

Step 5: Mindful Awareness

Practice mindfulness as you reflect on your coping behaviors. Observe thoughts, emotions, and sensations without judgment.

Step 6: Commit to Alternatives

Generate alternative responses aligned with your values.

Alternative	Aligned Value

Step 7: Develop a Plan

Create an action plan for implementing alternatives.

- Reminders to reinforce alternatives:

- Strategies to stay committed:

Step 8: Practice and Review

Put alternatives into practice, celebrate progress, and learn from setbacks.

- Progress made:

- Lessons learned: