

Judgmental Mind ACT Worksheet

Client's Name:

Date:

Healthcare Practitioner:

Instructions: In this worksheet, we will explore your judgmental thoughts and how they impact your well-being. ACT aims to help you become more aware of these thoughts and develop strategies to handle them in a healthy way. Please take your time to answer the following questions openly and honestly.

Part 1: Identifying Judgmental Thoughts

1. Write down a recent situation where you felt judgmental towards yourself or others.

Situation:

2. What were the specific judgmental thoughts that arose during this situation?

Thoughts:

Part 2: Exploring the Impact

1. How did these judgmental thoughts make you feel emotionally? (e.g., anxious, guilty, angry)

Emotional Responses:

2. How did these emotions influence your behavior or actions in that situation?

Behavioral Responses:

Part 3: Examining the Validity

1. Consider each judgmental thought you listed. For each thought, ask yourself:

- Is this thought based on facts or assumptions?
- Is there evidence that contradicts this thought?
- How might others see this situation differently?

Reflections:

Part 4: Practicing Self-Compassion

1. Imagine a close friend was in the same situation. What compassionate and supportive words would you offer them?

Self-Compassionate Words:

2. Now, rewrite your judgmental thoughts using the self-compassionate words you provided above.

Revised Thoughts:

Part 5: Committing to Change

1. What are the potential negative effects of holding onto these judgmental thoughts in the long run? How might they affect your overall well-being?

Long-Term Effects:

2. What values do you hold that are contradicted by these judgmental thoughts? How do these thoughts keep you from living in alignment with your values?

Values Affected:

3. Identify one small action you can take to challenge these judgmental thoughts and align with your values. This action should be specific, achievable, and meaningful.

Action Step:


Part 6: Reflection

1. Take a moment to reflect on what you've discovered in this worksheet. How do you feel after examining and addressing your judgmental thoughts?

Reflections:

Part 7: Progress Tracking

1. In our next session, we will review this worksheet to track your progress and discuss any insights or challenges you've encountered. Please bring this worksheet with you.

Signature: (Healthcare Practitioner)  _____ Date: _____