

Managing Anxiety Levels ACT Worksheet

Patient Information

Name:

Date:

Therapist:

Anxiety Assessment

Step 1: Identify Anxiety-Related Thoughts and Feelings

Anxiety-Triggering Situation

Anxiety-Related Thoughts

Anxiety-Related Feelings

Step 2: Acceptance and Defusion Techniques

Acceptance

Defusion

Step 3: Values and Commitment Clarification

Values Identification

Commitment to Values

Step 4: Mindfulness and Present-Moment Awareness

Mindfulness Practice

Coping Strategies

Step 5: Weekly Anxiety Diary

Date: _____

Situation/Trigger: _____

Anxiety Level (0-10): _____

Thoughts and Beliefs: _____

Feelings and Sensations: _____

Actions Aligned with Values: _____

Step 6: Review and Adjustment

Review Progress

Homework Assignments

Patient's Signature: _____

Therapist's Signature: _____