

# New Responses ACT Worksheet

## Introduction

Every time feelings of defectiveness appear, you have a moment of choice: continue down the road to dysfunctional coping behaviors (DCBs) or choose a new, creative response. This worksheet will help you identify those situations and create an action plan for new responses. The goal is to stop avoiding emotional pain and find more effective and value-aligned behaviors.

## Instructions

1. **Refer to your DCB Consequence Worksheet from Chapter 3** to list triggering situations that have negative consequences in your life.
2. **Describe your DCB for each trigger:** This should be a one-word description of your typical reaction to that triggering situation.
3. **Propose New Responses:** Think about alternative behaviors. Ask yourself:
  - How would someone you admire act in this situation?
  - What actions align with your core values?
  - What would be a more effective response?

## Worksheet

Triggering Situation	DCB (Dysfunctional Coping Behavior)	New Alternative Responses
Example: Kids whispering in class	Anger	Walk between them, touch shoulders, "You can talk after class."
Example: Friend is late	Withdrawal	Smile, bring a book next time


## Acceptance in Action: Examples

### Diane

**Triggering Situation:** Kids texting in class

**DCB:** Anger

**New Alternative Responses:** Take cell phone, cheerfully say, "I'll give it back after class."

### Will

- **Triggering Situation:** Customer complains about paint spatters
- **DCB:** Do nothing
- **New Alternative Responses:** Apologize and send painters to fix the problem

### Tips for Success:

1. **Be Honest:** The more straightforward you are about your current coping mechanisms, the easier it will be to find alternatives.
2. **Consult Previous Chapters:** Future chapters will offer additional tools and methods to help you craft these new responses.
3. **Review Regularly:** This is not a "one-time" exercise. Regularly update this worksheet as you discover new triggers or develop new coping mechanisms.

By completing this worksheet, you're taking the first step toward choosing healthier, more effective responses to emotional triggers. Remember, the journey to change is ongoing; keep this worksheet handy and update it as you grow.