

# Psychological Flexibility Worksheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

This worksheet is designed to help you increase your psychological flexibility. It is based on the principles of Acceptance and Commitment Therapy (ACT), a type of psychotherapy that focuses on accepting your thoughts and feelings, while also taking action towards what truly matters to you.

## 1. Experiential Avoidance Identification

Describe a recent situation where you found yourself unwilling to experience certain thoughts or feelings:

How did you react? What did you do to avoid the experience?

## 2. Practicing Acceptance

Reflect on a challenging thought or feeling you've had. Write it down:

Practice accepting this experience without judgment. Note how this acceptance feels different from avoidance:

## 3. Cognitive Defusion Techniques

Identify a thought that often upsets you or causes stress:

Write down a way to reframe this thought to lessen its impact:

#### **4. Being Present**

Describe a routine activity and how you can engage with it more fully, using all five senses:

#### **5. Self-as-Context (Observing Self)**

Reflect on a recent emotional experience. Can you describe observing this experience as if you were a third party?

#### **6. Clarifying Values**

List three values that are important to you in life:

- a.
- b.
- c.

For each value, write down one action you can take this week to live in alignment with this value:

#### **7. Committed Action Toward Values**

Describe a small, achievable goal that aligns with your values and how you plan to accomplish it: