

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: