

Recognizing Negative Feelings and Thoughts ACT Worksheet

Client's Name: _____ Date: _____

Instructions: In this worksheet, you will work on recognizing and understanding your negative feelings and thoughts using Acceptance and Commitment Therapy (ACT) principles. Remember that the goal is not to eliminate these feelings and thoughts, but to develop a healthier relationship with them. Be honest and open with yourself as you go through the exercises.

Part 1: Identifying Negative Feelings and Thoughts

1. **Situation:** Describe a recent situation where you felt overwhelmed, stressed, anxious, or down.

Situation Description:

2. **Emotions:** What were the specific emotions you felt during this situation? List them below.

- Emotion 1: _____
- Emotion 2: _____
- Emotion 3: _____
- Emotion 4: _____

3. **Automatic Thoughts:** What thoughts or beliefs were going through your mind during this situation? Write them down.

- Thought 1: _____
- Thought 2: _____
- Thought 3: _____

Part 2: Practicing Cognitive Defusion

Cognitive defusion involves learning to distance yourself from your thoughts. Visualize each thought as an object passing by.

1. **Choose a Thought:** Select one of the automatic thoughts you wrote in Part 1.

Chosen Thought: _____

2. **Object Visualization:** Imagine this thought as an object, like a cloud, a leaf on a stream, or a passing car. Describe the object below.

Object Description:

Part 3: Connecting with Values

Values are what give life meaning and direction. Think about what's truly important to you.

1. **Values Reflection:** What values do you want to uphold in your life? These are the qualities or principles that matter deeply to you.

• Value 1: _____

• Value 2: _____

• Value 3: _____

Part 4: Willingness to Experience

Willingness involves making space for uncomfortable feelings and thoughts while still moving towards your values.

1. **Willingness Statement:** Write a statement acknowledging your willingness to experience the negative feelings and thoughts you identified earlier while taking steps towards your values.

Willingness Statement:

Part 5: Action Commitment

1. **Small Action Steps:** What small actions can you take that align with your values, even when facing negative feelings and thoughts? These can be simple steps you're willing to commit to.

• Action Step 1: _____

• Action Step 2: _____

• Action Step 3: _____

2. **Commitment:** Commit to taking these action steps, even when challenging feelings and thoughts arise.

Commitment Statement:

Signature (Client): _____

Signature (Practitioner): _____