

Screwing Up ACT Worksheet

Name:

Date:

Acceptance and Commitment Therapy (ACT) is a therapeutic approach that encourages individuals to accept their thoughts and feelings while committing to actions that align with their values. This worksheet is designed to help you explore moments when you feel like you've "screwed up" and apply ACT principles to navigate these situations.

Identify the situation: Describe the specific situation or event where you feel like you've "screwed up." Be as detailed as possible.

Acknowledge your thoughts and feelings: List the thoughts and emotions that arise when you think about the situation. Remember to be honest and nonjudgmental about these reactions.

Practice cognitive defusion: Cognitive defusion involves distancing yourself from your thoughts. Complete the following sentences.

- The thought that's telling me I screwed up is _____.
- One way this thought might be exaggerating things is _____.
- This thought is just a passing mental event, and it doesn't define my entire reality.

Connect with your values: Reflect on your core values – the things that matter most to you in life. List at least three values that are relevant to the situation you're dealing with.

Reevaluate your perspective: Consider whether the situation aligns with your values. Answer the following questions.

Did my actions in this situation reflect my values? If yes, how? If not, why not?

Are there aspects of the situation that I'm overlooking in my self-judgment?

Practice self-compassion: Write a compassionate and understanding message to yourself, as you would to a friend who made a mistake. Remind yourself that everyone makes mistakes, and they don't define your worth.

Commit to a positive action: Identify an action you can take that aligns with your values and helps you move forward constructively. It could involve making amends, learning from the situation, or taking steps to prevent a similar situation in the future.

Reflect on your progress: After taking the committed action, reflect on how it felt and what you learned from the experience. Did it help you shift your perspective?

Additional notes