

# Triggering Events ACT Worksheet

Name	Date
<p>Acceptance and Commitment Therapy (ACT) focuses on helping you accept your thoughts and feelings, while committing to actions that align with your values. This worksheet is designed to guide you through the process of identifying triggering events, exploring your reactions, and connecting them to your values and committed actions.</p>	
<p>Describe the situation or event that triggered uncomfortable thoughts, feelings, or reactions.</p>	
<p>Write down the thoughts and feelings that arose as a result of the triggering event. Be as specific as possible.</p>	
<p>How did you react in response to these thoughts and feelings?</p>	
<p>Did your reactions help you feel better or worse in the long run?</p>	
<p>Did your reactions align with your values? Why or why not?</p>	

Take a moment to practice mindfulness. Observe your thoughts and feelings without judgment. Can you see these thoughts and feelings as passing experiences rather than absolute truths?

Can you acknowledge the discomfort without trying to change or suppress it?

What are your core values? How do these values contribute to a meaningful and fulfilling life for you?

How did your reactions to the triggering event pull you away from your values?

In what ways did your reactions hinder you from taking actions aligned with your values?

What action(s) can you commit to that align with your values, despite the discomfort triggered by the event?

Are you willing to allow uncomfortable thoughts and feelings to be present as you take committed actions?

Take a moment to reflect on this worksheet. What insights have you gained? How do you feel about the process of connecting values to actions in the face of discomfort?

**Additional notes**