

# Values Gap in Relationships ACT Worksheet

Name:

Date:

Imagine your partner transforms into your ideal "soul mate" – flawless and meeting your every need. Answer the following questions with honesty and simplicity:

## Changes in Behavior:

What actions would you change or do more/less of?

How would you behave differently as an ideal partner?

## Attitude and Talk:

What positive attitude would you have?

How would you express your desires and needs?

## Support and Understanding:

How would you respond when your partner is upset?

How would you show support during hard times?

**Values Match:**

Do your current actions match your ideal values?

Are there values you want to embrace more?

**Challenges to Embrace Values:**

What holds you back from living your values?

What fears or hurdles do you face?

**Facing Fears:**

What scares you about living your values fully?

What could go wrong if you do?

**Partner's Role:**

Do you expect your partner to change first?

If yes, what changes do you expect?