

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?