

Values-Guided Actions in Relationships ACT Worksheet

Patient information			
Name:		Gender:	
Date of birth:		Age:	
Contact information:			
Date of session:			
Value clarification			
<i>What truly matters to you in your relationship? List 3–5 core values.</i>			
Core relationship values		Why is this value important to you?	
Identifying value-guided actions			
<i>How can you express these values in everyday actions? Think of words, gestures, and physical actions.</i>			
Value	Words (communication)	Gestures (non-verbal)	Physicality (acts of care)

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Reflection & internalization

Reflect on your recent actions. Are they consistent with your values? What could change?

I. Recent behavior(s) that aligned with my values

II. Behavior(s) that did not align with my values

III. What can I do differently moving forward?

Conflict resolution through values

Use this section to process a recent disagreement and apply a values-based approach.

I. Conflict description

II. Shared or individual values involved

III. Value-aligned response or resolution idea

Values-based goal setting

List meaningful short-term and long-term goals based on your values.

I. Short-term

Value-aligned goal	Steps to get there

II. Long-term

Value-aligned goal	Steps to get there

Communication enhancer

What do you want your partner to understand about your values, needs, and desires?

I. I wish my partner understood

II. I can express this by

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Accountability check-in

Use this space to track your commitment over time.

I. On a scale of 1–10, how aligned were your actions with your values this week?

1 2 3 4 5 6 7 8 9 10

II. What's one thing you'll commit to trying before the next session?

Additional notes

Healthcare professional information

Name:

License ID number:

Signature:

Date of session: