

# Values-Guided Actions in Relationships ACT Worksheet

## Patient Information

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Section 1: Identifying Values

### *List Your Core Values*

Value 1: \_\_\_\_\_

Value 2: \_\_\_\_\_

Value 3: \_\_\_\_\_

## Section 2: Values Clarification

### *Rank Your Values*

Rank Value 1: \_\_\_\_\_

Rank Value 2: \_\_\_\_\_

Rank Value 3: \_\_\_\_\_

## Section 3: Values-Guided Actions

### *Identify Actions Aligned with Values*

**Value 1:** \_\_\_\_\_

1. Action 1: \_\_\_\_\_

2. Action 2: \_\_\_\_\_

3. Action 3: \_\_\_\_\_

**Value 2:** \_\_\_\_\_

1. Action 1: \_\_\_\_\_

2. Action 2: \_\_\_\_\_

3. Action 3: \_\_\_\_\_

**Value 3:** \_\_\_\_\_

1. Action 1: \_\_\_\_\_

2. Action 2: \_\_\_\_\_

3. Action 3: \_\_\_\_\_

## Section 4: Commitment

### *Commit to Taking Action*

**Value 1:** \_\_\_\_\_

1. Chosen Action(s): \_\_\_\_\_

2. Obstacles: \_\_\_\_\_

3. Strategies: \_\_\_\_\_

**Value 2:** \_\_\_\_\_

1. Chosen Action(s): \_\_\_\_\_

2. Obstacles: \_\_\_\_\_

3. Strategies: \_\_\_\_\_

**Value 3:** \_\_\_\_\_

1. Chosen Action(s): \_\_\_\_\_

2. Obstacles: \_\_\_\_\_

3. Strategies: \_\_\_\_\_

## **Section 5: Review and Next Steps**

### ***Progress***

1. Value 1: \_\_\_\_\_

2. Value 2: \_\_\_\_\_

3. Value 3: \_\_\_\_\_

### ***Next Steps***

1. Value 1: \_\_\_\_\_

2. Value 2: \_\_\_\_\_

3. Value 3: \_\_\_\_\_