

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: _____