

What You Want to Be in Your Relationship ACT Worksheet

Client Name: _____

Date: _____

Introduction:

In Acceptance and Commitment Therapy (ACT), we aim to help you clarify your values and set meaningful goals in your relationships. This worksheet is designed to assist you in identifying what you want to be in your relationship and how you can work towards those goals.

Instructions:

1. Take some time to reflect on your current relationship or the kind of relationship you desire.
2. Use the prompts below to express your thoughts and feelings.
3. Be as specific and honest as possible.

Part 1: Defining Your Ideal Relationship

1. Describe your ideal relationship:

What are the key characteristics or qualities you envision in your ideal relationship?

2. What does being a good partner mean to you?

List some qualities or behaviors that you believe make someone a good partner.

3. What are your relationship values?

Identify the values that are most important to you in a relationship (e.g., trust, communication, affection)

Part 2: Assessing Your Current Relationship

1. Evaluate your current relationship (if applicable):

How does your current relationship align with your ideal relationship? Are there areas where you feel unsatisfied or where improvements are needed?

2. Identify any challenges or obstacles in your current relationship:

What difficulties or issues are you currently facing in your relationship? How do these challenges impact your overall well-being and happiness?

Part 3: Setting Relationship Goals

1. Short-term relationship goals:

2. Long-term relationship goals:

Part 4: Committing to Change

1. What actions can you take to move closer to your ideal relationship?

Be specific about the steps you can take to address challenges and work toward your goals.

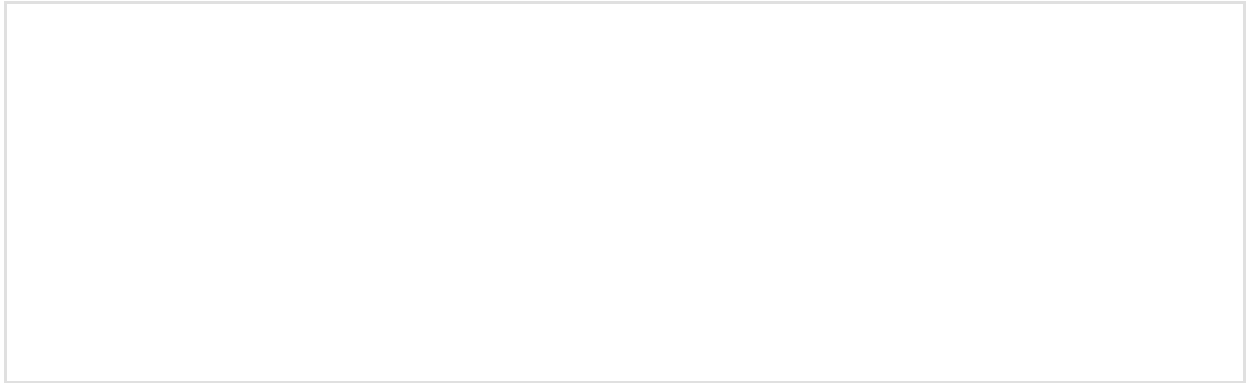
2. What support do you need?

Are there resources or support systems that can help you in your journey to improve your relationship?

Part 5: Reflection and Review

1. Plan a follow-up:

2. What self-compassion and acceptance strategies can you employ?



Conclusion:

Your relationship journey involves setting goals, taking actions, and continuously reassessing your progress. Remember that it's okay to adapt your goals and approach as you learn and grow in your relationships. ACT encourages mindfulness, acceptance, and commitment to positive change.

