

You're Both Hurting ACT Worksheet

Name:

Age:

Instructions: This worksheet is designed to help you explore and address relationship challenges using the principles of Acceptance and Commitment Therapy (ACT). In this exercise, you'll approach the issues with nonjudgmental description, delve into your emotions, and consider your partner's perspective. Use this space to reflect on your thoughts, feelings, and the potential suffering experienced by both you and your partner.

Issue Description: Write down the major issues or challenges you're facing in your relationship. Use nonjudgmental language to describe these issues.

Painful Emotions: Explore the emotions you've experienced as a result of these relationship issues. Identify the surface-level emotions (e.g., anger, frustration) and try to dig deeper to uncover the underlying emotions (e.g., hurt, sadness, fear). Write them down below.

Surface-Level Emotions:

Underlying Emotions:

Acknowledging the Pain: Acknowledge that the relationship has been painful. Accept that you've suffered due to these challenges. It's natural to feel the way you do given what you've been through.

Imagining Your Partner's Perspective: Take a moment to reflect on how your partner might also be suffering due to these challenges. Put yourself in their shoes and consider their potential emotions and struggles. Write down your thoughts below.

How might your partner feel when faced with these issues?

What emotions might your partner be experiencing that they haven't shared with you?

How does your partner cope with these challenges? (e.g., withdrawing, getting angry, dwelling on the past)

Applying ACT Processes: Consider applying the six processes of ACT to address these challenges within your relationship.

Identifying Values: List some values that are important to you in your relationship.

a.

b.

c.

Commitment to Action: Identify actions you can take that align with your values and help address the issues.

a.

b.

c.

Self as Context or Self as Observer: Reflect on how separating your thoughts and emotions from your actions can help you navigate these challenges.

Cognitive Defusion Skills: Explore techniques to detach from negative thoughts and emotions related to the relationship issues.

Acceptance: How can you practice accepting difficult thoughts and feelings related to your relationship?

Present Moment Contact: How can you stay mindful and engaged with your partner in the present moment, despite the challenges?

Reflection: Take a moment to reflect on how completing this worksheet has shifted your perspective on the relationship challenges and your emotional responses. Consider how applying ACT principles could lead to greater understanding, compassion, and positive change in your relationship.

Remember that change takes time and effort. Be patient with yourself and your partner as you work through these challenges together.

This worksheet is inspired by the principles of Acceptance and Commitment Therapy and draws insights from 'ACT With Love' by Russ Harris (Chapter 5, 2009).