

ACT Therapy Worksheet

Basic Information			
First Name	Last Name	Date of Birth	Gender

Acceptance
Situation - What is the situation you cannot control?
Situation Origins - What caused the situation? Only use facts.
Typical Thinking - What are your typical thoughts/response to this problem?
Acceptance - What are your typical thoughts/response to this problem?

Cognitive Defusion
Describe a negative situation you encountered
How did you feel in this situation?
Step outside of this thought and defuse it. Precede your feelings and thoughts with, "I'm having the thought/ I'm having the feeling that..."
How difficult are you finding this process on a scale from 1 (worst) to 10 (excellent)? Explain your rating

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Being Present			
List what you are seeing right now			
List what you are feeling right now			
List what you are hearing right now			
List what you are smelling right now			
Self as Context			
Think of what is troubling you right now...			
What are the emotions you are experiencing?			
What are you telling yourself?			
Change the story - What would you say to a friend experiencing this?			
Defuse the story - Rephrase the issue outside of yourself e.g. "I am having the thought that..."			
What are some ways to overcome this issue?			

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Values

List at least 10 values that are important to you in life, and rate from 1 (Not Important) to 5 (Very Important)

Value

Description

Importance

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Committed Action			
<p>Consider these life components:</p> <ul style="list-style-type: none"> • Family • Friends • Religion/Spirituality • Parenting • Education • Fun • Romantic Relationships • Career • Nature • Social Life • Self-care <p>Select your top 5, and write down your intentions and at least 3 committed actions for each</p>			
Life Component #1:			
The component of life that I value is:			
My intention for this component of my life is to:			
Committed actions that I'm willing to take include the following:			
Committed Action			Start Date
Life Component #2:			
The component of life that I value is:			
My intention for this component of my life is to:			
Committed actions that I'm willing to take include the following:			
Committed Action			Start Date

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Committed Action (Continued)			
Life Component #3:			
The component of life that I value is:			
My intention for this component of my life is to:			
Committed actions that I'm willing to take include the following:			
Committed Action			Start Date
Life Component #4:			
The component of life that I value is:			
My intention for this component of my life is to:			
Committed actions that I'm willing to take include the following:			
Committed Action			Start Date

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Committed Action (Continued)			
Life Component #5:			
The component of life that I value is:			
My intention for this component of my life is to:			
Committed actions that I'm willing to take include the following:			
Committed Action			Start Date
Additional Note			