



## Title: Acceptance and Commitment Therapy Worksheet

### **\*\*Introduction:\*\***

Acceptance and Commitment Therapy (ACT) is a mindfulness-based approach that aims to help individuals accept their thoughts and feelings, while also committing to actions aligned with their values. This worksheet will guide you through some fundamental ACT exercises.

### **\*\*1. Mindfulness Practice:\*\***

Mindfulness involves being present in the moment without judgment. Choose a quiet and comfortable place to sit. Close your eyes and take a few deep breaths. Focus your attention on your breath, noticing the sensation of each inhale and exhale. If your mind starts to wander, gently bring your focus back to your breath.

### **\*\*2. Identifying Values:\*\***

Think about what truly matters to you in life. What are the core values that guide your decisions and actions? List at least 3-5 values that are important to you (e.g., Family, Health, Creativity, Compassion).

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### **\*\*3. Defining Committed Actions:\*\***

Based on your values, identify specific actions you can take to live in alignment with them. These actions should be within your control and reflect behaviors you're willing to commit to.

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

Committed Action: \_\_\_\_\_

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

Committed Action: \_\_\_\_\_



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

Committed Action: \_\_\_\_\_

**\*\*4. Accepting Thoughts and Feelings:\*\***

Acknowledge that thoughts and emotions are a natural part of life. Instead of trying to avoid or suppress them, practice observing and accepting them without judgment. Write down a recent challenging thought or feeling you've had.

Challenging Thought/Feeling: \_\_\_\_\_

**\*\*5. Cognitive Defusion:\*\***

Cognitive defusion involves distancing yourself from your thoughts. Read your challenging thought/feeling out loud several times, slowly. After each repetition, add the phrase "I'm having the thought that..." or "I notice I'm feeling..." in front of the thought/feeling.

Example: "I'm having the thought that I'm not good enough."

**\*\*6. Mindful Action:\*\***

Choose one committed action from your list. Engage in this action mindfully, fully immersing yourself in the experience. Notice any thoughts or feelings that arise, but focus on the action itself.

Chosen Committed Action: \_\_\_\_\_

Practice Mindful Action: Describe your experience below.

**\*\*7. Self-Compassion:\*\***

Be kind to yourself throughout this process. Remember that everyone experiences challenges. Write down a self-compassionate statement you can repeat when facing difficulties.

Self-Compassionate Statement: \_\_\_\_\_

**\*\*Conclusion:\*\***

Acceptance and Commitment Therapy encourages us to be present, accept our internal experiences, and take actions aligned with our values. By practicing mindfulness and committing to meaningful actions, we can live a more fulfilling and purpose-driven life.



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Feel free to customize this worksheet according to the needs and preferences of the individuals you're working with. Remember that ACT is a versatile approach, so you can adapt the exercises based on the specific goals of your therapy sessions.