

Acceptance And Commitment Therapy Values Worksheet

Acceptance and Commitment Therapy Values Worksheet: A Journey Towards a Meaningful Life

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Publisher: Mindfulness & Acceptance Press, a leading publisher specializing in resources for Acceptance and Commitment Therapy (ACT) practitioners and individuals seeking self-improvement.

Editor: Dr. Marcus Jones, PhD, Clinical Psychologist, specializing in evidence-based therapeutic approaches including ACT.

Keywords: acceptance and commitment therapy values worksheet, ACT values, values clarification, ACT therapy, mindfulness, psychological flexibility, values-based living, self-acceptance, commitment, action planning

Abstract: This article explores the crucial role of the acceptance and commitment therapy values worksheet in fostering a life guided by personal values. Through personal anecdotes, case studies, and a deep dive into the process, we'll demonstrate how this simple yet powerful tool can transform individuals' journeys toward a more meaningful existence.

Understanding the Acceptance and Commitment Therapy Values Worksheet

The acceptance and commitment therapy values worksheet isn't just a piece of paper; it's a gateway to self-discovery and a catalyst for positive change. At its core, it's a tool used within the framework of Acceptance and Commitment Therapy (ACT) to help individuals identify and clarify their core values – the deeply held beliefs that guide their actions and provide a sense of purpose. Unlike goals, which are specific and achievable, values are overarching principles that inform the choices we make throughout our lives. The acceptance and commitment therapy values worksheet facilitates this crucial process of identifying these guiding principles.

The worksheet itself typically involves a structured process. It might begin with brainstorming exercises, prompting individuals to consider various life domains like relationships, work, health, creativity, spirituality, and contribution to society. From there, the worksheet guides individuals to rank their values in terms of importance and explore how those values currently manifest (or don't) in their lives. This process isn't about setting goals; it's about understanding what truly matters and aligning actions with those deeply held beliefs.

Personal Anecdotes: Finding My North Star with the Acceptance and Commitment Therapy Values Worksheet

For years, I felt adrift, chasing external validation and striving for achievements that ultimately left me feeling empty. I was a successful psychologist, yet my personal life felt disjointed and unfulfilling. It wasn't until I started using the acceptance and commitment therapy values worksheet with my own clients – and later myself – that I began to understand the root of my discontent. The worksheet helped me identify my core values: connection, contribution, and growth. Suddenly, my professional success felt less significant than the quality of my relationships and my contribution to others' well-being. This realization sparked a profound shift in my priorities and led to a more balanced and fulfilling life. The acceptance and commitment therapy values worksheet became my compass, guiding me towards a life aligned with my deepest values.

Case Study: Sarah's Journey to Self-Acceptance through the Acceptance and Commitment Therapy Values Worksheet

Sarah, a 35-year-old marketing executive, came to therapy overwhelmed by anxiety and self-doubt. She felt pressured to achieve perfection in her career, sacrificing her personal relationships and well-being in the process. Through the use of the acceptance and commitment therapy values worksheet, Sarah discovered that her core values were creativity, connection, and autonomy. However, her current lifestyle directly contradicted these values. The worksheet provided a framework for her to see the disconnect and start making conscious choices aligned with her true self.

Using the acceptance and commitment therapy values worksheet as a guide, Sarah began delegating tasks at work, prioritizing time for her friends and family, and exploring creative pursuits outside of her demanding job. The process wasn't always easy; there were setbacks and moments of self-doubt. However, by regularly revisiting the acceptance and commitment therapy values worksheet and focusing on her core values, Sarah gradually learned to accept her imperfections, embrace her strengths, and make choices that fostered a sense of purpose and fulfillment. This led to a significant reduction in her anxiety and a marked improvement in her overall well-being.

The Power of Commitment and Action Planning with the Acceptance and Commitment Therapy Values Worksheet

The acceptance and commitment therapy values worksheet isn't just about identifying values; it's about committing to living them. This commitment is the crucial next step, where individuals translate their identified values into concrete actions. The worksheet often includes a section for action planning, where individuals brainstorm specific steps they can take to align their behavior with their values. This might involve setting realistic goals, seeking support from others, or developing coping mechanisms for challenges. The acceptance and commitment therapy values

worksheet becomes a living document, regularly revisited and updated as individuals progress on their journey.

Overcoming Obstacles: Addressing Resistance and Self-Doubt

The process of using the acceptance and commitment therapy values worksheet is not always straightforward. Individuals may encounter resistance, self-doubt, or a lack of clarity. It's crucial to acknowledge these challenges as normal parts of the process. A skilled ACT therapist can provide support and guidance in navigating these obstacles, helping individuals to develop strategies for self-compassion, mindfulness, and commitment. The acceptance and commitment therapy values worksheet itself can be a tool for self-reflection and identifying these areas of resistance.

The Importance of Regular Review and Revision

The acceptance and commitment therapy values worksheet is not a one-time exercise. It's a dynamic tool that requires regular review and revision. Life circumstances change, and so do our priorities and values. Regularly revisiting the acceptance and commitment therapy values worksheet allows individuals to assess their progress, identify areas needing adjustment, and maintain alignment with their core values over time. This ongoing process of reflection and adaptation ensures that the values remain a guiding force in their lives.

Conclusion

The acceptance and commitment therapy values worksheet is a powerful instrument for self-discovery and personal growth. By clarifying our core values and committing to living them, we can move toward a more meaningful and fulfilling life. Whether working with a therapist or using the worksheet independently, this process offers a tangible path to greater psychological flexibility and a deeper connection with our authentic selves. The acceptance and commitment therapy values worksheet provides a framework for individuals to embrace their values, fostering resilience, purpose, and a sense of direction in the face of life's inevitable challenges.

FAQs

1. What if I can't identify my values? Don't worry; this is common. The worksheet provides prompts and exercises to help you explore different areas of life and uncover what truly matters to you. A therapist can also guide you through this process.

2. How often should I review my acceptance and commitment therapy values worksheet? Ideally, review it monthly or whenever you feel a significant shift in your priorities or life circumstances.
3. Is the acceptance and commitment therapy values worksheet suitable for everyone? Yes, it can be adapted to suit various individuals and contexts.
4. Can I use the acceptance and commitment therapy values worksheet without a therapist? While a therapist can provide valuable support and guidance, you can certainly use the worksheet independently.
5. What if my values conflict with each other? This is a common challenge. The worksheet helps you explore these conflicts and prioritize your values based on your current life circumstances.
6. How do I translate my values into actionable steps? The worksheet includes a section dedicated to action planning, guiding you to break down your values into concrete, achievable steps.
7. What if I don't see immediate results? Change takes time. Be patient with yourself and celebrate small victories along the way.
8. Can I use the acceptance and commitment therapy values worksheet to address specific problems? Yes, it can be used in conjunction with other ACT techniques to address specific problems, such as anxiety or depression, by focusing on values-based action.
9. Where can I find a free acceptance and commitment therapy values worksheet template? Many websites and resources offer free printable templates. Just search online for "acceptance and commitment therapy values worksheet PDF".

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self-compassion, flexible perspective taking, working with trauma, and more. Why is it so hard to be happy? Why is life so difficult? Why do humans suffer so much? And what can we realistically do about it? No matter how rewarding your job, as a mental health professional, you may sometimes feel helpless in the face of these questions. You are also well aware of the challenges and frustrations that can present during therapy. If you're looking for ways to optimize your client sessions, consider joining the many thousands of therapists and life coaches worldwide who are learning acceptance and commitment therapy (ACT). With a focus on mindfulness, client values, and a commitment to change, ACT is proven-effective in treating depression, anxiety, stress, addictions, eating disorders, schizophrenia, borderline personality disorder (BPD), and myriad other psychological issues. It's also a revolutionary new way to view the human condition—packed full of exciting new tools, techniques, and strategies for promoting profound behavioral change. A practical primer, ideal for ACT newcomers and experienced ACT professionals alike, *ACT Made Simple* offers clear explanations of the six ACT processes and a set of real-world tips and solutions for rapidly and effectively implementing them in your practice. This book gives you everything you need to start using ACT with your clients for impressive results. Inside, you'll find: scripts, exercises, metaphors, and worksheets to use with your clients; a session-by-session guide to implementing ACT; transcripts from therapy sessions; guidance for creating your own therapeutic techniques and exercises; and practical tips to overcome "therapy roadblocks." This book aims to take the complex theory and practice of ACT and make it accessible and enjoyable for therapists and clients.

acceptance and commitment therapy values worksheet: *ACT for Psychosis Recovery* Emma K. O'Donoghue, Eric M.J. Morris, Joseph E. Oliver, Louise C. Johns, 2018-03-01 *ACT for Psychosis Recovery* is the first book to provide a breakthrough, evidence-based, step-by-step approach for group work with clients suffering from psychosis. As evidenced in a study by Patricia A. Bach and Steven C. Hayes, patients with psychotic symptoms who received acceptance and commitment therapy (ACT) in addition to treatment as usual showed half the rate of rehospitalization as those who did not. With this important guide, you'll learn how a patient's recovery can be both supported and sustained by promoting acceptance, mindfulness, and values-driven action. The journey of personal recovery from psychosis is immensely challenging. Patients often struggle with paranoia, auditory hallucinations, difficulties with motivation, poor concentration and memory, and emotional dysregulation. In addition, families and loved ones may have trouble understanding psychosis, and stigmatizing attitudes can limit opportunity and create alienation for patients. True recovery from psychosis means empowering patients to take charge of their lives. Rather than focusing on pathology, ACT teaches patients how to stay grounded in the present moment, disengage from their symptoms, and pursue personally meaningful lives based on their values. In this groundbreaking book, you will learn how to facilitate ACT groups based on a central metaphor (Passengers on the Bus), so that mindfulness and values-based action are introduced in a way that is engaging and memorable. You will also find tips and strategies to help clients identify valued directions, teach clients how to respond flexibly to psychotic symptoms, thoughts, and emotions that have been barriers to living a valued life, and lead workshops that promote compassion and connection among participants. You'll also find tried and tested techniques for engaging people in groups, particularly those traditionally seen as "hard to reach"—people who may be wary of mental health services or experience paranoia. And finally, you'll gain skills for engaging participants from various ethnic backgrounds. Finding purpose and identity beyond mental illness is an important step in a patient's journey toward recovery. Using the breakthrough approach in this book, you can help clients gain the insight needed to achieve lasting well-being.

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the field of trauma-informed care.” —Kirk Strosahl PhD, cofounder of ACT Trauma-Focused ACT (TFACT) provides a flexible, comprehensive model for treating the entire spectrum of trauma-related issues, including post-traumatic stress disorder (PTSD), addiction, depression, anxiety disorders, moral injury, chronic pain, shame, suicidality, insomnia, complicated grief, attachment issues, sexual problems, and more. Written by internationally acclaimed ACT trainer, Russ Harris, this textbook is for practitioners at all levels of experience, and offers exclusive access to free downloadable resources—including scripts, videos, MP3s, handouts, and worksheets. Discover cutting-edge strategies for healing the past, living in the present, and building a new future. With this compassion-based, exposure-centered approach, you’ll learn how to help your clients: Find safety and security in their bodies Overcome hyperarousal and hypoarousal Break free from dissociation Shift from self-hatred to self-compassion Rapidly ground themselves and reengage in life Unhook from difficult cognitions and emotions Develop an integrated sense of self Resolve traumatic memories through flexible exposure Connect with and live by their values Experience post-traumatic growth

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Mindfulness and Acceptance Workbook for Anxiety offers a new approach to your anxiety, fears, and your life. Within its pages, you'll find a powerful and tested set of tools and strategies to help you gain freedom from fear, trauma, worry, and all the many manifestations of anxiety and fear. The book offers an empowering approach to help you create the kind of life you so desperately want to live. Based on a revolutionary approach to psychological health and wellness called acceptance and commitment therapy (ACT), this fully revised and updated second edition offers compelling new exercises to help you create the conditions for your own genuine happiness and peace of mind. You'll learn how your mind can trap you, keeping you stuck and struggling in anxiety and fear. You'll also discover ways to nurture your capacity for acceptance, mindfulness, kindness, and compassion, and use these qualities to weaken the power of anxiety and fear so that you can gain the space to do what truly matters to you. Now is the time. Nobody chooses anxiety. And there is no healthy way to "turn off" anxious thoughts and feelings like a light switch. But you can learn to break free from the shackles of anxiety and fear and take back your life. The purpose of this workbook is to help you do just that. Your life is calling on you to make that choice, and the skills in this workbook can help you make it happen. You can live better, more fully, and more richly with or without anxiety and fear. This book will show you the way. -- Recent studies support for the effectiveness of ACT-based self-help workbooks as a low-cost treatment for people experiencing anxiety. (Ritzert, T., Forsyth, J. P., Berghoff, C. R., Boswell, J., & Eifert, G. H. (2016). Evaluating the effectiveness of ACT for anxiety disorders in a self-help context: Outcomes from a randomized wait-list controlled trial. *Behavior Therapy*, 47, 431-572.)

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depression, trauma, or an eating disorder, this book will provide you with the skills needed to improve lives, one exercise at a time. With a special foreword by ACT cofounder Steven C. Hayes, PhD, this book is a must-have for any ACT Practitioner.

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acceptance and commitment therapy values worksheet: The ACT Approach Timothy Gordon, Jessica Borushok, 2017-07-25 Annotation Clearly written, entertaining, informative, and very clinically focused. Kirk Strosahl, PhD, cofounder of Acceptance and Commitment Therapy The ACT Approach is the ultimate Acceptance and Commitment Therapy (ACT) resource all clinicians need to move their clients and therapy forward. Combining the foundational knowledge of ACT with practical guidance, strategies, and techniques, you can begin to use ACT immediately with any client that walks through your door. Highly recommended by other ACT experts, this workbook is filled with unique tools you won't find anywhere else: * Reproducible handouts & worksheets * Mindfulness scripts * Experiential exercises * Transcripts from therapy sessions with line by line analysis Includes specific case examples and treatment strategies for: * Anxiety Disorders * Depression * Chronic Pain * PTSD * OCD * Substance Use * Borderline Personality Disorder * Adults, Children, Couples, Families, and Groups!

acceptance and commitment therapy values worksheet: The ACT Matrix Kevin L. Polk, Benjamin Schoendorff, 2014-03 If you are an ACT practitioner or mental health professional, this eagerly awaited resource is an essential addition to your professional library. Acceptance and commitment therapy (ACT) is an evidence-based therapy that has been successful in treating a variety of psychological issues, such as anxiety, depression, substance abuse, trauma, eating disorders, and more. In contrast to other treatment options, ACT has proven extremely effective in helping clients who are "stuck" in unhealthy thought patterns by encouraging them align their values with their thoughts and actions. However, the ACT model is complex, and it's not always easy to use. Traditionally, ACT is delivered with a focus around six core processes that are often referred to as the hexaflex: cognitive defusion, acceptance, contact with the present moment, observing the self, values, and committed action. Each of these core processes serves a specific function, but they are often made more complex than needed in both theory and in practice. So what if there was a way to simplify ACT in your sessions with clients? Edited by clinical psychologists and popular ACT workshop leaders Kevin L. Polk and Benjamin Schoendorff, The ACT Matrix fuses the six core principles of acceptance and commitment therapy (ACT) into a simplified, easy-to-apply approach that focuses on client actions and behavior as workable or unworkable, rather than good or bad. Most importantly, you'll learn how this innovative approach can be used to deliver ACT more

effectively in a variety of settings and contexts, even when clients are resistant or unmotivated to participate. This is the first book to utilize the ACT Matrix model, and it is a must-read for any ACT practitioner looking to streamline his or her therapeutic approach.

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acceptance and commitment therapy values worksheet: *The Confidence Gap* Russ Harris, 2011-09-13 Drawing on Acceptance and Commitment Therapy and mindfulness practices, this guide offers breakthrough insights and simple techniques for developing deep-seated, long-lasting confidence Too many of us miss out on opportunities in life because we lack self-confidence. Whether it's public speaking, taking on a leadership role, or asking someone for a date, there are situations in which we just don't feel equipped to handle the challenges we face. Russ Harris offers a surprising solution to low self-confidence, shyness, and insecurity: Rather than trying to “get over” our fears, he says, the secret is to form a new and wiser relationship with them. Paradoxically, it's only when we stop struggling against our fearfulness that we begin to find lasting freedom from it. Drawing on the techniques of Acceptance and Commitment Therapy (ACT), a cutting-edge form of cognitive-behavioral therapy, *The Confidence Gap* explains how to:

- Free yourself from common misconceptions about what confidence is and how to build it
- Transform your relationship with fear and anxiety
- Clarify your core values and use them as your inspiration and motivation
- Use mindfulness to effectively handle negative thoughts and feelings.

“This book could save you years of psychological struggle, yank you out of negative emotional patterns, and help propel you to a much happier, more productive life.” —Martha Beck, author and Oprah Winfrey's life coach

acceptance and commitment therapy values worksheet: *Acceptance and Commitment Therapy For Dummies* Freddy Jackson Brown, Duncan Gillard, 2016-03-14 Harness ACT to live a healthier life Do you want to change your relationship with painful thoughts and feelings that are holding you back from making changes to improve your life? In *Acceptance and Commitment Therapy For Dummies*, you'll discover how to identify negative and unhealthy modes of thinking and apply Acceptance and Commitment Therapy (ACT) principles throughout your day-to-day life, creating a healthier, richer and more meaningful existence with yourself and others. Closely connected to Cognitive Behavioural Therapy (CBT), ACT is an evidence-based, NICE-approved therapy that uses acceptance and mindfulness strategies mixed in with commitment and behaviour-changing strategies to help people increase their psychological flexibility in both their personal and professional lives. With the help of this straightforward and authoritative guide, you'll find out how to target unpleasant feelings and not act upon them—without sending yourself spiraling down the rabbit hole. The objective is not happiness; rather, it is to be present with what life brings

you and to move toward valued behaviour. Shows you how to banish unhelpful thoughts Guides you to making room for painful feelings Teaches you how to engage fully with your here-and-now experience Helps you cope with anxiety, depression, stress, OCD and psychosis Whether you're looking to practice self care at home or are thinking about seeing an ACT therapist, Acceptance and Commitment Therapy For Dummies makes it easier to live a healthier and more productive life in spite of—and alongside—unpleasantness.

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