

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.

1. 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.

1. Is the acceptance and commitment therapy values worksheet suitable for everyone? Yes, it can be adapted to suit various individuals and contexts.

1. 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.

1. 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.

1. 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.

1. What if I don't see immediate results? Change takes time. Be patient with yourself and celebrate small victories along the way.

1. 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.

1. 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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acceptance and commitment therapy values worksheet: *ACT Made Simple* Russ Harris, 2019-05-01 NOTE FROM THE PUBLISHER: Due to the recent illegal counterfeiting of this book, we cannot guarantee book quality when purchased through third-party sellers. Now fully-revised and updated, this second edition of ACT Made Simple includes new information and chapters on 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.

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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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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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acceptance and commitment therapy values worksheet: *Acceptance & Commitment Therapy for Anxiety Disorders* Georg H. Eifert, John P. Forsyth, 2005 Accompanying CD-ROM includes client worksheets, questionnaires, and inventories.

acceptance and commitment therapy values worksheet: *The Big Book of ACT Metaphors* Jill A. Stoddard, Niloofar Afari, 2014-04-01 Metaphors and exercises play an incredibly important part in the successful delivery of acceptance and commitment therapy (ACT). These powerful tools go far in helping clients connect with their values and give them the motivation needed to make a real, conscious commitment to change. Unfortunately, many of the metaphors that clinicians use have become stale and ineffective. That's why you need fresh, new resources for your professional library. In this breakthrough book, two ACT researchers provide an essential A-Z resource guide that includes tons of new metaphors and experiential exercises to help promote client acceptance, defusion from troubling thoughts, and values-based action. The book also includes scripts tailored to different client populations, and special metaphors and exercises that address unique problems that may sometimes arise in your therapy sessions. Several ACT texts and workbooks have been published for the treatment of a variety of psychological problems. However, no one resource exists where you can find an exhaustive list of metaphors and experiential exercises geared toward the six core elements of ACT. Whether you are treating a client with anxiety, 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.

acceptance and commitment therapy values worksheet: *The Moral Injury Workbook*

Wyatt R. Evans, Robyn D. Walser, Kent D. Drescher, Jacob K. Farnsworth, 2020-06-01 Introducing the first self-help workbook for moral injury, featuring a powerful approach grounded in acceptance and commitment therapy (ACT) to help you heal in the midst of moral pain and connect with a deeper sense of meaning and purpose. If you've experienced, witnessed, or failed to prevent an act that violates your own deeply held values—such as harming someone in an automobile accident, or failing to save someone from a dangerous situation—you may suffer from moral injury, an enduring psychological and spiritual pain that is often accompanied by post-traumatic stress disorder (PTSD), depression, substance abuse, and other mental health conditions. In order to begin healing, you need to (re)connect with your values and what really matters to you as a human being. Written by a renowned team of PTSD and trauma professionals, this workbook can help. The Moral Injury Workbook is the first workbook of its kind to offer a powerful step-by-step program to help you move beyond moral pain. With this guide, you'll learn to work through difficult thoughts, emotions, and spiritual troubles; (re)connect with your deeply held sense of self, values, or spiritual beliefs; and gain the psychological flexibility you need to begin healing and live a full and meaningful life. Links to downloadable worksheets for veterans and clinicians are also included. Whether you've experienced moral injury yourself, work in the field of mental health, or are a pastoral advisor seeking new ways to help facilitate moral healing, this workbook is an effective and much-needed resource.

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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Therapy for Eating Disorders Emily K. Sandoz, Kelly G. Wilson, Troy DuFrene, 2011-02-03 A Process-Focused Guide to Treating Eating Disorders with ACT At some point in clinical practice, most therapists will encounter a client suffering with an eating disorder, but many are uncertain of how to treat these issues. Because eating disorders are rooted in secrecy and reinforced by our culture's dangerous obsession with thinness, sufferers are likely to experience significant health complications before they receive the help they need. Acceptance and Commitment Therapy for Eating Disorders presents a thorough conceptual foundation along with a complete protocol therapists can use to target the rigidity and perfectionism at the core of most eating disorders. Using this protocol, therapists can help clients overcome anorexia, bulimia, binge eating disorder, and other types of disordered eating. This professional guide offers a review of acceptance and commitment therapy (ACT) as a theoretical orientation and presents case conceptualizations that illuminate the ACT process. Then, it provides session-by-session guidance for training and tracking present-moment focus, cognitive defusion, experiential acceptance, transcendent self-awareness, chosen values, and committed action—the six behavioral components that underlie ACT and allow clients to radically change their relationship to food and to their bodies. Both clinicians who already use ACT in their practices and those who have no prior familiarity with this revolutionary approach will find this resource essential to the effective assessment and treatment of all types of eating disorders.

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*

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therapy (ACT) treatment protocol for professionals to help clients overcome the barriers that hold them back in their relationships. Romantic relationships are a huge challenge for many of us, as evidenced by our high divorce rates. But what is it that causes so much pain and discord in many relationships? In *Acceptance and Commitment Therapy for Couples*, Matthew McKay and Avigail Lev provide the first ACT-based treatment protocol for couples that identifies the ten most common relationship schemas—and the coping behaviors they drive—to help you guide clients through their pain and toward solutions that reflect the needs and values of the couple. Rather than working to stop relationship schemas from being triggered or to reduce schema pain, you'll be able to help your clients observe and name what triggers their rigid coping behaviors when their schemas are activated. And by learning new skills when they're triggered, your clients will be able to replace avoidant and coping behaviors with values-based action for the betterment of the relationship. By making your clients' avoidant behavior the target of treatment—as opposed to their thoughts and beliefs—this skills-based guide provides the tools you need to help your clients change how they respond to their partner.

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