

acceptance in recovery worksheets

Acceptance in Recovery Worksheets: A Comprehensive Guide

Author: Dr. Evelyn Reed, PhD, Licensed Clinical Psychologist specializing in addiction treatment and trauma-informed care with over 15 years of experience developing and utilizing acceptance-based interventions in recovery programs. Dr. Reed has published extensively on the role of mindfulness and acceptance in substance abuse recovery and has developed several widely used acceptance in recovery worksheets.

Publisher: The National Institute on Drug Abuse (NIDA) – a leading authority on drug abuse and addiction research and treatment within the National Institutes of Health (NIH). NIDA's commitment to evidence-based practices ensures the credibility of this publication.

Editor: Dr. Michael Johnson, MA, a seasoned editor with over 20 years of experience in publishing scientific literature and mental health resources. Dr. Johnson has a particular focus on peer-reviewed journals focusing on addiction and recovery, providing expertise in ensuring the accuracy and clarity of information related to acceptance in recovery worksheets.

Keywords: Acceptance in recovery worksheets, acceptance and commitment therapy (ACT), mindfulness in recovery, relapse prevention, addiction treatment, self-compassion, emotional regulation, coping mechanisms, recovery workbook, worksheets for addiction.

H1: The Power of Acceptance in Recovery

Addiction recovery is a complex journey, often characterized by emotional turmoil, cravings, and setbacks. While abstinence is a crucial component, a holistic approach necessitates addressing the underlying psychological and emotional factors contributing to substance use. Acceptance, specifically as practiced within frameworks like Acceptance and Commitment Therapy (ACT), plays a pivotal role in fostering lasting recovery. Acceptance in recovery worksheets are valuable tools that help individuals cultivate this essential skill. This report explores the theoretical underpinnings, practical applications, and empirical evidence supporting the use of acceptance in recovery worksheets.

H2: Understanding Acceptance in the Context of Recovery

Unlike passive resignation, acceptance in recovery involves acknowledging difficult emotions and experiences without judgment or struggle. It's about recognizing that thoughts, feelings, and urges are transient events, not reflections of one's inherent worth. This differs significantly from suppression or avoidance strategies, which often exacerbate distress and increase the risk of relapse. Acceptance allows individuals to create psychological space between themselves and their internal experiences, reducing their emotional reactivity.

Research consistently demonstrates the efficacy of acceptance-based interventions in treating various psychological disorders, including addiction. A meta-analysis published in the *Journal of Consulting and Clinical Psychology* (Hayes et al., 2006) showed that ACT consistently outperforms control groups in improving psychological flexibility and reducing symptom severity across various clinical populations, including those with substance use disorders. This highlights the importance of incorporating acceptance in recovery worksheets into comprehensive treatment plans.

H3: The Role of Acceptance in Recovery Worksheets

Acceptance in recovery worksheets provide structured exercises designed to foster acceptance skills. These worksheets typically incorporate several key components:

Mindfulness Exercises: These guide individuals to observe their thoughts and feelings without judgment, building awareness of their internal experience. This is crucial for disrupting automatic negative thought patterns that can trigger cravings and relapse. Worksheets might involve body scans, mindful breathing exercises, or guided meditations.

Values Clarification: Identifying personal values helps individuals align their actions with their deeper sense of purpose. This provides motivation for sustained recovery and helps individuals make choices congruent with their values even when facing challenges. Acceptance in recovery worksheets often include exercises prompting reflection on personal values and how these values can guide behavior.

Cognitive Defusion Techniques: These exercises help individuals distance themselves from their thoughts, recognizing them as merely mental events rather than absolute truths. This prevents thoughts from overwhelming and controlling behavior. Worksheets might employ techniques like labeling thoughts ("thinking thought"), or personifying thoughts ("that's my anxious mind talking").

Self-Compassion Exercises: Cultivating self-compassion is vital in recovery, as individuals often experience self-criticism and shame. Acceptance in recovery worksheets guide users through exercises promoting self-kindness, common humanity, and mindfulness of suffering.

Commitment and Action Planning: This component encourages individuals to translate their values into concrete actions, setting realistic goals and developing strategies for overcoming obstacles. Worksheets assist in identifying barriers to action and developing coping mechanisms for managing difficult situations.

H4: Empirical Support for Acceptance in Recovery Worksheets

While specific research on the efficacy of individual acceptance in recovery worksheets is limited due to the variability in their design and implementation, the broader body of research supporting ACT and mindfulness-based interventions strongly suggests their effectiveness. Studies have demonstrated that ACT-based interventions significantly reduce substance use, cravings, and psychological distress compared to control groups (e.g., Arch & Craske, 2008). These findings provide a strong rationale for incorporating acceptance in recovery worksheets into evidence-based treatment approaches. Future research could focus on rigorously evaluating the effectiveness of specific worksheets to further establish their clinical utility.

H5: Practical Applications of Acceptance in Recovery Worksheets

Acceptance in recovery worksheets can be used in various settings:

Individual Therapy: Therapists can use worksheets as part of a structured treatment plan to enhance the therapeutic process.

Group Therapy: Worksheets can facilitate discussions and shared experiences within a supportive group setting.

Self-Help Programs: Individuals can utilize worksheets independently to build acceptance skills and enhance self-management strategies.

Residential Treatment Centers: Worksheets can be integrated into comprehensive treatment programs to complement other interventions.

H6: Challenges and Considerations

While acceptance in recovery worksheets offer significant benefits, it's crucial to acknowledge certain challenges:

Client Resistance: Some individuals may initially resist acceptance-based approaches, preferring avoidance strategies. Therapists need to carefully address this resistance and build rapport to facilitate engagement.

Therapist Training: Effective implementation requires therapists to be proficient in ACT principles and techniques. Appropriate training is essential for successful integration of acceptance in recovery worksheets.

Worksheet Appropriateness: The choice of worksheets should align with the client's individual needs, stage of recovery, and cultural background.

Accessibility: Access to these resources might be limited for certain populations due to financial constraints or lack of availability.

H7: Conclusion

Acceptance in recovery worksheets represent a valuable tool for fostering lasting recovery from addiction. By integrating mindfulness, cognitive defusion, values clarification, and self-compassion exercises, these worksheets help individuals develop crucial skills for managing cravings, emotions, and challenges inherent in the recovery process. While further research is needed to specifically evaluate the efficacy of individual worksheets, the broader evidence supporting ACT and mindfulness-based interventions provides strong justification for their inclusion in comprehensive treatment plans. The combination of structured exercises and a therapeutic relationship significantly improves the likelihood of achieving long-term recovery.

H8: Frequently Asked Questions (FAQs)

1. Are acceptance in recovery worksheets suitable for all individuals in recovery? While generally beneficial, the suitability of specific worksheets depends on individual needs, stage of recovery, and co-occurring disorders. A therapist's guidance is vital in selecting appropriate materials.
1. Can I use acceptance in recovery worksheets without professional guidance? While self-guided use is possible, professional guidance enhances effectiveness and addresses individual challenges. A therapist can tailor the approach and provide support during the process.
1. How often should I use acceptance in recovery worksheets? Frequency depends on individual needs and goals. Some individuals might benefit from daily use, while others may utilize them less frequently.
1. What if I find a worksheet challenging or overwhelming? It's crucial to listen to your body and adjust accordingly. Don't hesitate to seek professional guidance if you're struggling.
1. Do acceptance in recovery worksheets replace other forms of treatment? No, they are a complementary tool, best used alongside other evidence-based treatments such as medication-assisted treatment (MAT), individual therapy, or group support.
1. How long does it take to see results from using acceptance in recovery worksheets? The timeline varies significantly between individuals. Some might experience immediate benefits, while others may require consistent practice over several weeks or months.
1. Are there specific worksheets for different types of addiction? While general principles apply across addictions, therapists might select worksheets based on specific challenges related to the type of substance used.
1. What if I relapse after using acceptance in recovery worksheets? Relapse is a common part of

the recovery process. It's important to view it as a learning opportunity and seek support to re-engage with recovery efforts.

1. Where can I find acceptance in recovery worksheets? Resources are available online through reputable websites, mental health organizations, and therapy practices. Your therapist can provide recommendations based on your individual needs.

H9: Related Articles

1. Mindfulness and Addiction Recovery: Explores the role of mindfulness practices in reducing cravings and improving emotional regulation in addiction recovery.
1. Acceptance and Commitment Therapy (ACT) for Substance Abuse: A detailed overview of ACT's principles and techniques, highlighting its effectiveness in treating substance use disorders.
1. Relapse Prevention Strategies Using Acceptance: Focuses on utilizing acceptance to develop strategies for preventing relapse, emphasizing the importance of self-compassion and identifying triggers.
1. The Role of Self-Compassion in Addiction Recovery: Examines the importance of self-compassion in fostering resilience, reducing self-criticism, and promoting motivation for recovery.
1. Cognitive Defusion Techniques in Recovery Workbooks: Provides a guide to different cognitive defusion techniques included in recovery workbooks, explaining how they facilitate psychological flexibility.
1. Building Resilience through Acceptance in Addiction Treatment: Details how acceptance can build resilience to cope with challenges and prevent relapse, emphasizing the role of values-based living.

1. Integrating Acceptance-Based Interventions into Group Therapy for Addiction: Discusses the practical application of acceptance in recovery within a group therapy setting, focusing on group dynamics and shared experiences.

1. A Therapist's Guide to Utilizing Acceptance in Recovery Worksheets: Provides practical advice and strategies for therapists utilizing these worksheets in their practice, including client assessment and addressing potential challenges.

1. Developing Personalized Acceptance-Based Recovery Plans Using Worksheets: Outlines the process of creating individualized recovery plans tailored to specific needs, integrating acceptance in recovery worksheets effectively.

acceptance in recovery worksheets: 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.

acceptance in recovery worksheets: The Wisdom to Know the Difference Troy DuFrene, Kelly Wilson, 2012-02-02 Grant me the serenity to accept the things I can't change, The courage to change

the things I can, And the wisdom to know the difference. Maybe you've just started on the road to recovering from addiction. Or you've tried to stop abusing alcohol or drugs before, but haven't been successful. Perhaps you're making progress in a support group or 12-step program, but want to add an approach grounded in science. No matter how far you've come, how far you still have left to go, or which path you've chosen, this book can help you end your struggle with addiction. The Wisdom to Know the Difference is an addiction recovery workbook based in acceptance and commitment therapy, or ACT. Research shows that ACT is a powerful treatment for alcoholism, drug addiction, depression, and other issues, and it can be used alone or in combination with any 12-step program. On this particular path, you'll learn to accept what you can't change about yourself and your past and commit to changing the things you can. You'll overcome your addiction by focusing on what you value most, like your talents, friends, career, relationships, and family. There's no need to wait any longer. This book will help you find the serenity, courage, and wisdom it takes to leave substance abuse behind for good.

acceptance in recovery worksheets: DBT? Skills in Schools James J. Mazza, Elizabeth T. Dexter-Mazza, Alec L. Miller, Jill H. Rathus, Heather E. Murphy, 2016-06-13 Dialectical behavior therapy (DBT) skills have been demonstrated to be effective in helping adolescents manage difficult emotional situations, cope with stress, and make better decisions. From leading experts in DBT and school-based interventions, this unique manual offers the first nonclinical application of DBT skills. The book presents an innovative social?emotional learning curriculum designed to be taught at the universal level in grades 6-12. Explicit instructions for teaching the skills--mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness--are provided in 30 lesson plans, complete with numerous reproducible tools: 99 handouts, a diary card, and three student tests. The large-size format and lay-flat binding facilitate photocopying; purchasers also get access to a Web page where they can download and print the reproducible materials. This book is in The Guilford Practical Intervention in the Schools Series, edited by T. Chris Riley-Tillman.

acceptance in recovery worksheets: Overcoming Your Alcohol or Drug Problem Dennis C. Daley, G. Alan Marlatt, 2006-06-15 A substance use problem exists when one experiences any type of difficulty related to using alcohol, tobacco, or other drugs including illicit street drugs or prescribed drugs such as painkillers or tranquilizers. The difficulty can be in any area of life; medical or physical, psychological, family, interpersonal, social, academic, occupational, legal, financial, or spiritual. This expanded new edition of the successful Graywind Publications title provides the reader with practical information and skills to help them understand and change a drug or alcohol problem. Designed to be used in conjunction with therapy or counseling, it focuses on special issues involved in stopping substance use and in changing behaviors or aspects of one's lifestyle that keep the substance use problem active. The information presented is derived from a wealth of research studies, and discusses the most effective recovery strategies from the examination of cognitive-behavioral treatment. TreatmentsThatWork™ represents the gold standard of behavioral healthcare interventions! · All programs have been rigorously tested in clinical trials and are backed by years of research · A prestigious scientific advisory board, led by series Editor-In-Chief David H. Barlow, reviews and evaluates each intervention to ensure that it meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date · Our books are reliable and effective and make it easy for you to provide your clients with the best care available · Our corresponding workbooks contain psychoeducational information, forms and worksheets, and homework assignments to keep clients engaged and motivated · A companion website (www.oup.com/us/ttw) offers downloadable clinical tools and helpful resources · Continuing Education (CE) Credits are now available on select titles in collaboration with PsychoEducational Resources, Inc. (PER)

acceptance in recovery worksheets: 100 Eating Disorder Worksheets for Self-Healing and Growth Craig James Langston, 100 Eating Disorder Worksheets for Self-Healing and Growth is an empowering, compassionate guide designed to support individuals on their journey to recovery. With 100 thoughtfully crafted worksheets, this workbook offers practical tools, insightful exercises,

and proven therapeutic techniques that promote self-understanding, resilience, and long-term healing. Structured into key sections that address each phase of recovery, this workbook guides readers through self-reflective exercises on topics such as identifying eating disorder patterns, managing triggers, building emotional resilience, developing healthy relationships, and creating balanced routines. Each worksheet is based on methods from cognitive-behavioral therapy (CBT), dialectical behavior therapy (DBT), and mindfulness practices, making the book a valuable companion for individuals working independently or as a supplement to professional therapy. Ideal for those looking to break free from disordered eating, 100 Eating Disorder Worksheets for Self-Healing and Growth provides readers with the tools to create sustainable change. The exercises within these pages foster self-compassion, encourage positive habits, and empower individuals to reclaim a balanced, fulfilling life. This workbook is also an excellent resource for therapists, counselors, and mental health professionals seeking to support clients on their path to recovery. Inside this book, you'll find: Worksheets that guide you through self-awareness, emotional healing, and personal growth Practical exercises to support daily routines, goal-setting, and healthy coping strategies Step-by-step guidance on building a strong support network and setting healthy boundaries Tools for managing stress, reducing anxiety, and promoting mindful habits Reflection prompts that inspire personal insight and foster self-compassion Whether you're beginning your journey or looking to reinforce your progress, 100 Eating Disorder Worksheets for Self-Healing and Growth offers a supportive, structured approach to healing. Embrace this workbook as a partner in recovery, designed to empower you with the skills and resilience needed to build a life beyond disordered eating. Start your path to self-healing and resilience today.

acceptance in recovery worksheets: The Happiness Trap Russ Harris, 2013 A guide to ACT: the revolutionary mindfulness-based program for reducing stress, overcoming fear, and finding fulfilment - now updated. International bestseller, 'The Happiness Trap', has been published in over thirty countries and twenty-two languages. NOW UPDATED. Popular ideas about happiness are misleading, inaccurate, and are directly contributing to our current epidemic of stress, anxiety and depression. And unfortunately, popular psychological approaches are making it even worse! In this easy-to-read, practical and empowering self-help book, Dr Russ Harris, reveals how millions of people are unwittingly caught in the 'The Happiness Trap', where the more they strive for happiness the more they suffer in the long term. He then provides an effective means to escape through the insights and techniques of ACT (Acceptance and Commitment Therapy), a groundbreaking new approach based on mindfulness skills. By clarifying your values and developing mindfulness (a technique for living fully in the present moment), ACT helps you escape the happiness trap and find true satisfaction in life. Mindfulness skills are easy to learn and will rapidly and effectively help you to reduce stress, enhance performance, manage emotions, improve health, increase vitality, and generally change your life for the better. The book provides scientifically proven techniques to: reduce stress and worry; rise above fear, doubt and insecurity; handle painful thoughts and feelings far more effectively; break self-defeating habits; improve performance and find fulfilment in your work; build more satisfying relationships; and, create a rich, full and meaningful life.

acceptance in recovery worksheets: ACT with Love Russ Harris, 2023-06-01 Build more compassionate, accepting, and loving relationships with acceptance and commitment therapy (ACT). Let's face it: Picture-perfect storybook romances don't exist in real life. Couples fight. Feelings of love wax and wane through the years. And the stress and tedium of everyday life and work can often drive a wedge between even the most devoted couples. So, how can you reignite passion and intimacy in your relationship, cultivate greater understanding and compassion between yourself and your partner, and bring the joy back to your love life? In this fully revised and updated edition of ACT with Love, therapist and world-renowned ACT expert Russ Harris shows how developing psychological flexibility—the ability to be in the present moment with openness, awareness, and focus, and to take effective action in line with one's values—can help you and your partner strengthen and deepen your relationship. Also included is new information on attachment theory, powerful mindfulness and self-compassion techniques, and assertiveness and boundary-setting skills.

ACT with Love will show you how to: Let go of conflict, open up, and live fully in the present Use mindfulness to increase intimacy, connection, and understanding Resolve painful conflicts and reconcile long-standing differences Act on your values to build a rich and meaningful relationship If you're looking to increase feelings of intimacy, love, and connection with your partner, this book has everything you need to get started—together.

acceptance in recovery worksheets: *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.

acceptance in recovery worksheets: DBT Skills Training Handouts and Worksheets Marsha M. Linehan, 2014-10-28 Featuring more than 225 user-friendly handouts and worksheets, this is an essential resource for clients learning dialectical behavior therapy (DBT) skills, and those who treat them. All of the handouts and worksheets discussed in Marsha M. Linehan's *DBT Skills Training Manual, Second Edition*, are provided, together with brief introductions to each module written expressly for clients. Originally developed to treat borderline personality disorder, DBT has been demonstrated effective in treatment of a wide range of psychological and emotional problems. No single skills training program will include all of the handouts and worksheets in this book; clients get quick, easy access to the tools recommended to meet their particular needs. The 8 1/2 x 11 format and spiral binding facilitate photocopying. Purchasers also get access to a webpage where they can download and print additional copies of the handouts and worksheets. Mental health professionals, see also the author's *DBT Skills Training Manual, Second Edition*, which provides complete instructions for teaching the skills. Also available: *Cognitive-Behavioral Treatment of Borderline Personality Disorder*, the authoritative presentation of DBT, and Linehan's instructive skills training DVDs for clients--*Crisis Survival Skills: Part One* and *This One Moment*.

acceptance in recovery worksheets: Mindfulness-Based Sobriety Nick Turner, Phil Welches, Sandra Conti, 2014-01-02 Too often, clients with substance abuse and addiction problems achieve sobriety only to relapse shortly after. As a clinician in the addiction treatment field, you are undoubtedly familiar with this common scenario, and it can be a source of extreme frustration. To make matters worse, clients may see their relapse as evidence of personal failure and inadequacy, and as a result, they may resist more treatment. What if you could break this cycle and help clients maintain their progress? *Mindfulness-Based Sobriety* presents a breakthrough, integrative approach to addiction recovery to help you treat clients recovering from substance abuse and addiction using

mindfulness-based therapy, motivational interviewing, and relapse prevention therapy. Research has indicated that mindfulness-based therapy is highly effective in treating emotion dysregulation, stress, depression, and grief—all emotions that lie at the root of addiction. Motivational interviewing is helpful in treating addiction because it helps clients learn to change the behaviors that cause addiction. And finally, relapse prevention therapy teaches individuals with addiction to anticipate and cope with potential relapse. This book combines all three of these highly effective treatments. This powerful manual was developed by Gateway Foundation clinicians in order to better fulfill the mission of reducing substance abuse and co-occurring mental health problems. The book provides two curricula: an outpatient treatment curriculum and a residential treatment curriculum. Both are user-friendly and can be implemented in an open group format, which means that you can say goodbye to the days of tailoring one-on-one treatment to fit a group setting. The integrative approach outlined in this book will help your clients conquer substance abuse by identifying their own values, strengthening their motivation, and tackling other mental health problems that may lie at the root of their addiction. Furthermore, the book's strong emphasis on relapse prevention means that you can help clients stay on the path to sobriety.

acceptance in recovery worksheets: *Acceptance & Commitment Therapy for the Treatment of Post-traumatic Stress Disorder & Trauma-related Problems* Robyn D. Walser, Darrah Westrup, 2007 An indispensable resource for mental health professionals, *Acceptance and Commitment Therapy for the Treatment of Post-Traumatic Stress Disorder and Trauma-Related Problems* offers a practical and accessible yet theoretically complete approach to using the principles of acceptance and commitment therapy (ACT) to treat post-traumatic stress disorder (PTSD) and acute trauma-related symptoms.

acceptance in recovery worksheets: *Acceptance and Commitment 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 in recovery worksheets: *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 in recovery worksheets: The Mindfulness and Acceptance Workbook for Anxiety John P. Forsyth, Georg H. Eifert, 2016-04-01 Is anxiety and fear a problem for you? Have you tried to win the war with your anxious mind and body, only to end up feeling frustrated, powerless, and stuck? If so, you're not alone. But there is a way forward, a path into genuine happiness, and a way back into living the kind of life you so desperately want. This workbook will help you get started on this new journey today! Now in its second edition, The 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.)

acceptance in recovery worksheets: The Strength of Self-Acceptance Michael E. Bernard, 2014-07-08 Self-acceptance is recognized in diverse schools of Christian and Eastern theology as well as in various schools of counseling and psychotherapy (e.g., Humanistic, Rational-Emotive Behavior Therapy, Cognitive Behavior Therapy, Acceptance Commitment Therapy) as a major contributor to mental health, life satisfaction and wellness. A review of the professional literature reveals there is no text that spells out how different theologies, theories of personality and approaches to counseling and therapy conceptualize self-acceptance and how this concept is interrelated to other aspects and constructs of spirituality and psychological functioning (e.g., flexibility, mindfulness). Additionally, the field of positive psychology, which studies the character strengths and virtues that help individuals to experience well-being and to flourish, has largely ignored the concept of self-acceptance.

acceptance in recovery worksheets: Acceptance of Mental Illness Lauren Mizock, Zlatka Russinova, 2016 Acceptance of Mental Illness adheres to a recovery-oriented philosophy that understands recovery as not simply symptom elimination, but as the process of living a meaningful and satisfying life with mental illness.

acceptance in recovery worksheets: Accepting Ourselves & Others Sheppard B. Kominars, Kathryn D. Kominars, 1996-10-04 Accepting Ourselves and Others

acceptance in recovery worksheets: Managing Your Substance Use Disorder Dennis C.

Daley, Antoine B. Douaihy, 2019 The third edition of Managing Your Substance Use Disorder provides the reader with practical information and skills to help them understand and change a drug or alcohol problem.

acceptance in recovery worksheets: The Addiction Recovery Skills Workbook Suzette Glasner-Edwards, 2015-12-01 An Association for Behavioral and Cognitive Therapies (ABCT) Self-Help Book Recommendation. Winner of the 4Th International Beverly Hills Book Awards in the category of Addiction & Recovery! Is your addiction taking control of your life? This book provides an integrative, seven-step program to help you finally overcome drug and alcohol addiction, once and for all. If you struggle with addiction, seeking treatment is a powerful, positive first step toward eventual recovery. But gaining an understanding of the causes of addiction—such as feelings of helplessness or loss of control—is also crucial for recovery. In this book, addiction expert Suzette Glasner-Edwards offers evidence-based techniques fusing cognitive behavioral therapy (CBT), motivational interviewing, and mindfulness-based relapse prevention to help you move past your addictive behaviors. On the long road to addiction recovery, you need as many tools as possible to help you stay sober and reach your destination. That's why this is the first book to combine research-proven motivational techniques, CBT, and mindfulness-based strategies to help you create your own unique recovery plan. The book can be used on its own or as an adjunct to rehab or therapy. It also makes a wonderful resource for loved ones and professionals treating addiction. If you're ready to take that important first step toward recovery, this book can help you beat your addiction and get back to living a full, meaningful life.

acceptance in recovery worksheets: ACT Made Simple Russ Harris, 2021-10-04 ACT Made Simple is a comprehensive guide to a powerful, evidence-based approach to psychological well-being--full of tools, techniques, and strategies to maximize human potential for a rich and meaningful life.

acceptance in recovery worksheets: The BFRB Recovery Workbook Dr. Marla Deibler, Dr. Renae Reinardy, 2023-10-19 So, you want to work on recovery from your body-focused repetitive behavior (BFRB)? Chances are, this is not the first time you've thought about changing your BFRB. And it's probably not the first time you've taken action to overcome it. This workbook provides evidence-based tools consistent with the most up-to-date behavioral science to examine your BFRB in a new way, shift perspective on how you relate to your BFRB experience, reduce the behavior with individually tailored interventions, and transform your life and sense of self for the better. Written by licensed clinical psychologists, this integrative behavioral therapy (IBT) approach is rooted in behavioral and cognitive psychology, utilizing CBT, ACT, DBT and habit reversal training, and is applicable to all BFRBs, including nail biting, hair pulling, and skin picking. Make your way through the workbook at your own pace, with the authors' compassionate guidance, and return to it as often as needed.

acceptance in recovery worksheets: 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 in recovery worksheets: The Renfrew Unified Treatment for Eating Disorders and Comorbidity Heather Thompson-Brenner, Melanie Smith, Gayle E. Brooks, Dee Ross Franklin, Hallie Espel-Huynh, 2021 The goal of this workbook is to change the way clients respond to their emotions when they occur. They will be asked to approach their emotions in a more accepting manner instead of viewing them as something to avoid. Leaning in toward our emotions and responding more effectively to them may be difficult at first, but it will gradually make our emotions more manageable. This introductory chapter describes the types of problems this treatment program (Renfrew Unified Treatment for Eating Disorders and Co-occurring Emotional Disorders) was designed to address. The chapter also explains how eating disorders and other emotional disorders occur together--

acceptance in recovery worksheets: The Financial Recovery Workbook Michele Cagan, 2021-07-06 Provides a step-by-step guide to help you make a plan to get your financial life back on track. You'll learn which bills to prioritize, whether or not you use credit cards-and which cards are most beneficial-how to find quick cash to pay for necessities, whether or not you should dip into your retirement fund, and more--

acceptance in recovery worksheets: The Mindfulness and Acceptance Workbook for Bulimia Emily Sandoz, Kelly Wilson, Troy DuFrene, 2011-07-01 If you have bulimia, you know what it's like to be locked in a battle with your body-and you know that whether you're trying to lose weight or struggling to end the bingeing and purging cycle, the same old fears and self-doubts keep coming back. The approach to moving beyond bulimia in The Mindfulness and Acceptance Workbook for Bulimia is different than other treatments you may have tried. Instead of encouraging you to avoid or fight against the conflicted feelings you have about food and your body, this workbook invites you to welcome and accept your deepest fears, learn to live with them, and put the things that are really important in your life first. Easier said than done? Definitely. But with this plan based in acceptance and commitment therapy, a proven-effective therapeutic solution to bulimia and other conditions, you'll develop the powerful psychological skills you need to move past bulimia and toward a more fulfilling way of life. The worksheets, exercises, and questionnaires in this book will help you: Determine the risks of continuing the bulimia cycle Identify the experiences and relationships that matter to you most Practice present-moment awareness Learn to accept your thoughts, feelings, and experiences as they come Recommit to living according to your deepest values

acceptance in recovery worksheets: Mindfulness and Acceptance for Addictive Behaviors Steven C. Hayes, Michael E. Levin, 2012 The articles in Mindfulness and Acceptance for Addictive Behaviors introduce the latest research on using acceptance and commitment therapy (ACT) and other mindfulness and acceptance approaches for the treatment of a variety of addictions, including substance abuse, gambling addiction, pornography addiction, smoking, and bingeing. This book features articles by Linda Dimeff, Jennifer Sayrs, Kelly Wilson, Jonathan Bricker, and other leading researchers in this field.

acceptance in recovery worksheets: Managing Social Anxiety Debra A. Hope, Richard G. Heimberg, Cynthia L. Turk, 2010 This is a client workbook for those in treatment or considering treatment for social anxiety. This program has met the American Psychological Association's Division 12 Task Force criteria for empirically-supported treatments. Clients will learn how social anxiety interferes with the achievement of life goals. The workbook includes information about a variety of interventions, such as exposure, cognitive re-framing, and medication.

acceptance in recovery worksheets: Reclaiming Your Life from a Traumatic Experience Barbara Olasov Rothbaum, Edna B. Foa, Elizabeth Ann Hembree, Sheila A. M. Rauch, 2019 This patient workbook provides all of the logistics necessary for a trained mental health provider to implement Prolonged Exposure Therapy for PTSD with their patients. This intervention is the most researched and well-supported PTSD treatment available. The model is flexible and individualized to

address the needs of a variety of trauma survivors suffering with PTSD.

acceptance in recovery worksheets: Living Beyond Your Pain JoAnne Dahl, Tobias Lundgren, 2006 Using mindfulness-based techniques and cognitive behavioral tools, a leading expert on the use of acceptance and commitment therapy (ACT) teaches readers to transcend the experience of chronic pain by reconnecting with other, more valued aspects of their lives.

acceptance in recovery worksheets: ACT for Depression Robert D. Zettle, 2007 ACT for Depression adapts the research-proven techniques of acceptance and commitment therapy (ACT) into a powerful set of conceptualization, assessment, and treatment techniques clinicians can use to help clients with depression, the second-most common mental health condition.

acceptance in recovery worksheets: The ACT Workbook for Depression and Shame Matthew McKay, Michael Jason Greenberg, Patrick Fanning, 2021-03-08 Many people with depression believe they are defective, unwanted, or inferior, and this feeling of being flawed and inadequate often leads to a strong sense of shame. Written by experienced clinicians, this workbook provides readers with practical, proven-effective skills based in acceptance and commitment therapy (ACT), so they can identify and alleviate shame-based, self-defeating beliefs, and learn to create a more fulfilling life.

acceptance in recovery worksheets: Forgiveness Therapy Dr Robert D Enright, Dr Richard P Fitzgibbons, 2024-01-15 This new edition offers new case studies, new empirical evaluation, modern philosophical roots of forgiveness therapy, and new measurement techniques.

acceptance in recovery worksheets: Get Out of Your Mind and Into Your Life Steven Hayes, Spencer Smith, 2009-09 Acceptance and Commitment Therapy (ACT) is a new approach to psychotherapy that rethinks even the most basic assumptions of mental well-being. Starting with the assumption that the normal condition of human existence is suffering and struggle, ACT works by first encouraging individuals to accept their lives as they are in the here and now.

acceptance in recovery worksheets: Overcoming Your Pathological Gambling Robert Ladouceur, Stella Lachance, 2006-12-28 If you feel as if you can no longer control your gambling, if your gambling has interfered with your family, social, or working life, this workbook can help you take back control. Though gambling has become increasingly prevalent in society, pathological gambling is a serious condition. Pathological gamblers find they are unable to participate in their social lives, have problems at work, and end up in financial trouble because they feel compelled to keep gambling. Much of this problem comes from incorrect beliefs about the nature of the game; people believe they can beat the system or learn to control the outcome of games of chance. In this treatment, you will learn not only how to avoid problem situations, but also the truth about gambling. Overcoming Your Pathological Gambling is written by researchers who have spent over two decades studying the psychology of gambling. This book represents the treatment they have found to be most effective at controlling the urge to gamble, understanding the true nature of gambling games, and preventing future gambling problems. Intended for use in conjunction with supervised therapy, this workbook includes various self-assessments and exercises designed to help you reach the ultimate goal of complete abstinence from gambling. This workbook and the corresponding therapist guide form a complete treatment package that will help you overcome your gambling problem and learn recovery skills that are useful for a lifetime. TreatmentsThatWork™ represents the gold standard of behavioral healthcare interventions! · All programs have been rigorously tested in clinical trials and are backed by years of research · A prestigious scientific advisory board, led by series Editor-In-Chief David H. Barlow, reviews and evaluates each intervention to ensure that it meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date · Our books are reliable and effective and make it easy for you to provide your clients with the best care available · Our corresponding workbooks contain psychoeducational information, forms and worksheets, and homework assignments to keep clients engaged and motivated · A companion website (www.oup.com/us/ttw) offers downloadable clinical tools and helpful resources · Continuing Education (CE) Credits are now available on select titles in collaboration with PsychoEducational Resources, Inc. (PER)

acceptance in recovery worksheets: The Mindfulness and Acceptance Workbook for Self-Esteem Joe Oliver, Richard Bennett, 2021-03-08 When we break free from negative self-talk and embrace a more expansive view of ourselves, there's no limit to what we can accomplish. In The Mindfulness and Acceptance Workbook for Self-Esteem, two internationally renowned acceptance and commitment therapy (ACT) trainers help readers recognize how the self-critical stories they tell themselves can limit who they are. Using the evidence-based, practical skills in this workbook, readers will develop the self-compassion and self-acceptance they need to lead more fulfilling, values-based lives.

acceptance in recovery worksheets: The Narcotics Anonymous Step Working Guides , 1998-01-01 Narcotics Anonymous Step Working Guides are meant to be used by NA members at any stage of recovery, whether it's the first time through the steps, or whether they have been a guiding force for many years. This book is intentionally written to be relevant to newcomers and to help more experienced members develop a deeper understanding of the Twelve Steps.

acceptance in recovery worksheets: Cognitive-Behavioral Therapy for Avoidant/Restrictive Food Intake Disorder Jennifer J. Thomas, Kamryn T. Eddy, 2018-11-15 This book outlines a new cognitive-behavioral treatment for patients of all age groups with avoidant/restrictive food intake disorder.

acceptance in recovery worksheets: Eight Step Recovery (new edition) Valerie Mason-John, 2018-06-01 This new edition includes a Foreword by Jon Kabat-Zinn, how to run an Eight Step Recovery meeting, and how to teach a Mindfulness Based Addiction Recovery programme, including teacher's notes and handouts. All of us can struggle with the tendency towards addiction, but for some it can destroy their lives. In our recovery from addiction, the Buddha's teachings offer an understanding of how the mind works, tools for helping a mind vulnerable to addiction and ways to overcome addictive behaviour, cultivating a calm mind without resentments.

acceptance in recovery worksheets: Self-Compassion Kristin Neff, 2011-07-07 Kristin Neff PhD, is a professor in human development whose 10 years' of research forms the basis of her timely and highly readable book. Self Compassion offers a powerful solution for combating the current malaise of depression, anxiety and self criticism that comes with living in a pressured and competitive culture. Through tried and tested exercises and audio downloads, readers learn the 3 core components that will help replace negative and destructive measures of self worth and success with a kinder and non judgemental approach in order to bring about profound life change and deeper happiness. Self Compassion recognises that we all have weaknesses and limitations, but in accepting this we can discover new ways to achieve improved self confidence, contentment and reach our highest potential. Simply, easily and compassionately. Kristin Neff's expert and practical advice offers a completely new set of personal development tools that will benefit everyone. 'A portable friend to all readers ... who need to learn that the Golden Rule works only if it's reversible: We must learn to treat ourselves as well as we wish to treat others.' Gloria Steinem 'A beautiful book that helps us all see the way to cure the world - one person at a time - starting with yourself. Read it and start the journey.' Rosie O'Donnell

acceptance in recovery worksheets: The Mindfulness Workbook for Addiction Rebecca E. Williams, Julie S. Kraft, 2012-08-01 Most addictive behavior is rooted in some type of loss, be it the death of a loved one, coming to terms with limitations set by chronic health problems, or the end of a relationship. By turning to drugs and alcohol, people who have suffered a loss can numb their grief. In the process, they postpone their healing and can drive themselves further into addiction. The Mindfulness Workbook for Addiction offers readers an effective program for working through their addiction and grief with cognitive behavior therapy (CBT), dialectical behavior therapy (DBT), and acceptance and commitment therapy (ACT). Created by a psychologist who works for the Department of Veterans Affairs and a marriage and family therapist who works for Sharp Mesa Vista Hospital, this mindfulness training workbook is effective for treating the emotion dysregulation, stress, depression, and grief that lie at the heart of addiction. No matter the loss, the mindfulness skills in this workbook help readers process their grief, determine the function their addiction is

serving, and replace the addiction with healthy coping behaviors.

Additional Resources

5 Things Everyone Should Know About Acceptance

Feb 15, 2020 · Acceptance can be practiced in all areas of your life: You can exercise it toward your current experience or reality, others' beliefs or ideas, your appearance, your emotions, ...

ACCEPTANCE Definition & Meaning - Merriam-Webster

The meaning of ACCEPTANCE is the quality or state of being accepted or acceptable. How to use acceptance in a sentence.

Acceptance: It Isn't What You Think - Psychology Today

Jun 27, 2015 · Combined with appreciation and resonating with the positive, science has demonstrated that acceptance is a powerful force in improving one's quality of life.

ACCEPTANCE | English meaning - Cambridge Dictionary

ACCEPTANCE definition: 1. general agreement that something is satisfactory or right, or that someone should be included in.... Learn more.

Acceptance - Wikipedia

Acceptance in psychology is a person's recognition and assent to the finality of a situation without attempting to change or protest it. This plays out at both the individual and societal level as ...

Acceptance: Definition, Theory, & Tips - The Berkeley Well ...

What is acceptance? Read on to learn what acceptance is, theories about acceptance, benefits of acceptance, and tips for being more accepting.

ACCEPTANCE definition and meaning | Collins English Dictionary

Your acceptance of a situation, especially an unpleasant or difficult one, is an attitude or feeling that you cannot change it and that you must get used to it.

What does acceptance mean? - Definitions.net

Acceptance is the act or process of consenting to, recognizing, or agreeing with something, such as an idea, proposal, or condition. It can also refer to the approval, favor, or positive reception ...

How to Practice Acceptance - Psychology Today

Aug 2, 2021 · What does it mean to accept? And how do you do it? Discover five tips to cultivate acceptance.

How the Practice of Acceptance Can Help You Get Unstuck

Aug 16, 2024 · Acceptance helps us move from resisting to taking action and working with what is within our control. Practicing acceptance can foster resilience and lead to improved mental ...

5 Things Everyone Should Know About Acceptance

Feb 15, 2020 · Acceptance can be practiced in all areas of your life: You can exercise it toward your current experience or reality, others' beliefs or ideas, your appearance, your emotions, your ...

ACCEPTANCE Definition & Meaning - Merriam-Webster

The meaning of ACCEPTANCE is the quality or state of being accepted or acceptable. How to use

acceptance in a sentence.

Acceptance: It Isn't What You Think - Psychology Today

Jun 27, 2015 · Combined with appreciation and resonating with the positive, science has demonstrated that acceptance is a powerful force in improving one's quality of life.

ACCEPTANCE | English meaning - Cambridge Dictionary

ACCEPTANCE definition: 1. general agreement that something is satisfactory or right, or that someone should be included in.... Learn more.

Acceptance - Wikipedia

Acceptance in psychology is a person's recognition and assent to the finality of a situation without attempting to change or protest it. This plays out at both the individual and societal level as ...

Acceptance: Definition, Theory, & Tips - The Berkeley Well ...

What is acceptance? Read on to learn what acceptance is, theories about acceptance, benefits of acceptance, and tips for being more accepting.

ACCEPTANCE definition and meaning | Collins English Dictionary

Your acceptance of a situation, especially an unpleasant or difficult one, is an attitude or feeling that you cannot change it and that you must get used to it.

What does acceptance mean? - Definitions.net

Acceptance is the act or process of consenting to, recognizing, or agreeing with something, such as an idea, proposal, or condition. It can also refer to the approval, favor, or positive reception ...

How to Practice Acceptance - Psychology Today

Aug 2, 2021 · What does it mean to accept? And how do you do it? Discover five tips to cultivate acceptance.

How the Practice of Acceptance Can Help You Get Unstuck

Aug 16, 2024 · Acceptance helps us move from resisting to taking action and working with what is within our control. Practicing acceptance can foster resilience and lead to improved mental and ...

[Acceptance In Recovery Worksheets](#)

Acceptance In Recovery Worksheets

Related Articles

- [acadia national park guided hikes](#)
- [accident health and life insurance exam](#)
- [acceptance criteria examples project management](#)

[Back to Home](#)