

ACT Worksheet Bundle

One page for each of the six core ACT processes

Research-informed use. ACT concepts are presented as processes in a psychological-flexibility model. Values are directions for action rather than achievements; defusion changes the relationship to thoughts rather than proving them false.

ABOUT THIS RESOURCE

A compact client primer built around the ACT hexaflex. After a one-page overview of what ACT is, each core process gets its own page with a short explanation and a worksheet prompt: contacting the present moment, defusion, acceptance, the observing self, values, and committed action.

HOW TO USE IT

Works as a first-session orientation to ACT, or as a single-page handout for whichever process a session has focused on.

AT A GLANCE

AUDIENCE	Client Resource
FORMAT	Workbook
FAMILY	ACT · values · mindfulness

10

PAGES

7

REFERENCE PAGES

2

WORKSHEETS

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Page numbers refer to this edition.

Acceptance &

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- Acceptance &
- 3. Acceptance
- Commitment
- 4. The Observing Self
- Therapy
- 5. Values
- WHAT IS ACT? At the heart of Acceptance and Commitment Therapy (ACT) is the idea that we can accept what
- 6. Committed action According to Dr Russ Harris "when you put all these things together, you develop 'psychological'
- is out of our personal control, and commit to
- flexibility. This is the ability to be in the present moment, with awareness and openness, and take
- action that improves and enriches our life. There are six core processes in ACT 1. Contacting The Present Moment
- action, guided by your values".
- 2. Defusion

Contacting the

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- Contacting the
- Dropping the Anchor
- Present Moment
- Acknowledge your inner experience. Non judgementally notice your thoughts
- DROPPING THE ANCHOR Consciously connecting with the present moment is an important component of ACT as it helps us fully
- and emotions. Connect with your body. Move it around,
- notice and appreciate whatever is happening in the here and now. There are many ways to you can contact the present moment through grounding
- how does it feel? Engage with the world around you. Use each of your senses. What can you see,
- and mindfulness. Dropping the anchor is a common
- touch, hear, smell and taste.
- ACT skill to bring you back to the present moment.

Defusion

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- Defusion
- Notice the thought thats hooked you. Now add "I'm noticing I'm having the
- FUSION VS DEFUSION When we fuse with our thoughts we become one with them. We get hooked and they can impact
- thought that..." Say "thank you mind" each time you have a thought that is trying to hook
- how we feel and then behave. We can unhook or defuse from our thoughts to lessen their negative impact over us. We do this by taking a step back
- you. What is the story your mind is telling
- and observing our thoughts in a nonjudgemental curious way.
- you. What would you call it. Give it a title.
- Defusion Strategies
- "ahh theres The Story again".

Acceptance

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Acceptance MAKING SPACE Sometimes it can seem tempting to try to avoid, bottle up or 'get rid of' uncomfortable thoughts and emotions. However, often this only makes them more distressing. Making space for and opening up to these uncomfortable thoughts and feelings will make it easier for them to come and go without overwhelming or holding you back. Some Tips for Accepting Difficult Emotions 1. Name the feeling

2. Observe it like a curious scientist

3. Rate it on a scale of 1 to 10

1

2

3

4

5

6

7

8

9

10

Low / not at all

High / fully

4. Commit to allowing it

5. Breathe into it

6. Make room for it

7. Give it a shape and colour

The Observing

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|--|--|
| <ul style="list-style-type: none"> ● The Observing | <ul style="list-style-type: none"> ● Describing |
| <ul style="list-style-type: none"> ● Self | <ul style="list-style-type: none"> ● Describe and label what you are noticing within yourself. |
| <ul style="list-style-type: none"> ● NOTICE WHATS GOING ON The Observing Self is the part of your mind which is able to 'watch' and observes our thoughts, emotions | <ul style="list-style-type: none"> ● Use as many senses as you can. |
| <ul style="list-style-type: none"> ● and behaviour non-judgementally, as if from an outsiders perspective. This part of the mind is best | <ul style="list-style-type: none"> ● Being Non-judgemental Adopt an accepting stance of your experiences. Often prolonged distressed is associated with attempts to |
| <ul style="list-style-type: none"> ● engaged through the practice of mindfulness. Core features of Mindfulness | <ul style="list-style-type: none"> ● avoid or suppress uncomfortable thoughts or emotions. |
| <ul style="list-style-type: none"> ● Observing A key feature of mindfulness is observing your experiences. Observe your thoughts, emotions and | <ul style="list-style-type: none"> ● Participate Fully Be fully present in any given moment. Avoid the temptation to be distracted by thoughts or emotions |
| <ul style="list-style-type: none"> ● bodily sensations with kind and gentle curiosity. | <ul style="list-style-type: none"> ● that try to pull you away. |

Values

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Values WHAT MATTERS Values are what you want your life to be about, deep in your heart. They are what matter to you and what you want to stand for. Knowing our values helps us decide what actions we should take in life.

Whats important to you?

Consider that you are at your 80th birthday party. Imagine that you are surrounded by all the people that you love and care for. Someone closest to you, this could be a family member or friend, gets up to give a speech about your life and the kind of person you are to them. What would you want them they say?

Consider what values this might suggest are important to you. Is it resilience, is it family, is it humour?

Common Values

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- | | |
|---|--|
| ● Common Values Consider different areas of your life. For example, your romantic relationship, your work, your | ● Orderly |
| ● friendships. What values are important to you in | ● Courageous |
| ● each of these domains. | ● Persistent/Committed |
| ● Accepting | ● Creative |
| ● Forgiving | ● Playful |
| ● Adventurous | ● Curious |
| ● Grateful | ● Protective |
| ● Assertive | ● Encouraging Respectful/Self-Respectful |
| ● Helpful | ● Expressive |
| ● Authentic | ● Responsible |
| ● Honest | ● Focused |
| ● Caring/Self-Caring | ● Skilful |
| ● Independant | ● Fair/Just |
| ● Compassionate/Self- | ● Supportive |
| ● Kind | ● Flexible |
| ● Compassionate | ● Trustworthy |
| ● Loving | ● Friendly |
| ● Cooperative | ● Trusting |

Committed

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- Committed
- DARE to move forward When uncomfortable thoughts and emotions get in the way of us living the life we want to be living
- Action
- we can use the acronym DARE to help us move
- DOING THE HARD THING Committed action is about doing what matters, even if it is difficult or uncomfortable. But how do
- forward. D = Defuse from the difficult thoughts
- we know what to do? This action should be guided by our values and help us create the life
- and emotions A = Accept the discomfort R = Realistic goal-setting E = Embrace your values and why
- that we want to be living.
- this matters to you

Acknowledgements

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- Acknowledgements
- you see in these worksheets are thanks to him.
- THANK YOU I want to thank Dr Russ Harris for all resources and strategies he has developed for Acceptance
- Please go check his work out at:
<https://www.actmindfully.com.au>
- and Commitment Therapy. Most of the strategies