

# Values and Problems

The goal of Acceptance and Commitment Therapy (ACT) is to reduce the struggle and suffering in our lives.

A key part of this involves considering the problematic thoughts and behaviors that contribute to those struggles and replacing them with value-driven goals and actions.

Valued living, in turn, helps us enrich our lives by connecting us to what we truly deem important. In this way, we can be guided by the things we consider most meaningful.

## Worksheet

This *Values and Problems* exercise introduces 4 core categories that are particularly salient in ACT.

Contrasting and comparing the items you list in each category may help you identify how you'd like to improve your life, and actionable steps you can take to achieve this.

## Instructions

This table contains 4 categories:

- **Problematic Thoughts and Emotions** - any negative or unhelpful mental patterns, processes, and self-talk that you experience
- **Problematic Behaviors** - actions you engage in that take away from, rather than adding to your life
- **Values** - your meaningful and desired life consequences, or the things that matter most to you personally, and
- **Goals and Actionable Steps** - things you currently do - or would like to do - that make your life better in the longer-term.

Fill out each column between your therapy or journaling sessions, using the prompts for help if you see fit.

<b>Problematic Thoughts and Emotions</b>	<b>Problematic Behaviors</b>	<b>Values</b>	<b>Goals and Actionable Steps</b>
<p>What images, memories, doubts, self-talk, or other mental processes do you struggle with? What problematic feelings, sensations, or emotions bother you?</p>	<p>Which habits, activities, or pastimes do you feel are currently making life worse for you in the long-term? Are there things that prevent you from making progress toward your goals? What sucks up your energy, time, and/or money? What behaviors are ruining your mood or relationships?</p>	<p>What do you consider most important to you in life? What personal ambitions drive you? In what ways do you want to grow or become stronger? What's your driving motivation for seeking help or feeling better?</p>	<p>What things do you do that make your life better in the long-term? Are there things you'd like to do more frequently, or better? Based on your values, what goals can you identify for yourself? What steps might you take to start working toward them?</p>