

## The Problems and Values Worksheet

Acceptance & Commitment Therapy aims to reduce suffering and enrich life, as shown in the diagram below. To help in this process, there are four lots of information that are particularly important. These are represented in the four columns below. Between now and the next session, see what you can write in or add to each column.

STRUGGLE & SUFFERING		RICH & MEANINGFUL LIFE	
<p><b>Problematic Thoughts And Feelings:</b> What memories, worries, fears, self-criticisms, or other thoughts do you get “caught up” in? What emotions, feelings, urges, or sensations do you struggle with?</p>	<p><b>Problematic Actions:</b> What are you doing that makes your life worse in the long run: that keeps you stuck; wastes your time or money; drains your energy; impacts negatively on your health or your relationships; or leads to you “missing out” on life?</p>	<p><b>Values:</b> What matters to you in the “big picture”? What do you want to stand for? What personal qualities and strengths do you want to develop? How do you want to enrich or improve your relationships? How would you like to “grow” or develop, through addressing your issue(s) or problem(s)?</p>	<p><b>Goals &amp; Actions:</b> What are you currently doing that improves your life in the long run? What do you want to start or do more of? What life-enriching goals do you want to achieve? What life-enhancing actions do you want to take? What life-improving skills would you like to develop?</p>