

# Coping with Anxiety, Intrusive Thoughts, Difficult Emotions, and Urges: An ACT-Based Skills Worksheet (LLAMA Skills)



This worksheet is designed to help you respond more effectively to difficult thoughts, feelings, and urges. It can be helpful when you feel stuck in overthinking or rumination, are experiencing intrusive thoughts or urges, feel overwhelmed by anxiety or strong emotions, or want to respond more intentionally rather than react automatically.

Rather than trying to eliminate discomfort, the goal is to relate to your experience differently and take meaningful action even when discomfort is present.

## Step 1: Label: Name what you are experiencing.

What thoughts, feelings, or urges are you noticing right now?

✎ \_\_\_\_\_  
✎ \_\_\_\_\_

## Step 2: Let Go: Notice any urge to control, avoid, or push away the experience. See if you can gently step back from that struggle, even for a moment.

What do you notice yourself trying to control, avoid, or get rid of?

✎ \_\_\_\_\_  
✎ \_\_\_\_\_

What happens if you allow that urge to be there, without acting on it, even briefly?

✎ \_\_\_\_\_  
✎ \_\_\_\_\_


## Step 3: Accept: Allow the thought, feeling, or urge to be present as it is, without trying to change it, fix it, or judge it.


Write one sentence accepting that this feeling is here right now:

✎ \_\_\_\_\_  
✎ \_\_\_\_\_

**Step 4: Mindful: Step back and notice your experience in the present moment.**

If you imagine your thoughts or feelings as passing events (like clouds), what do you notice?


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**Step 5: Approach What Matters**


Choose an action that moves you toward your values, even if discomfort is present.


What value do you want to honor in this moment?

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What small, specific step can you take right now to move toward it?


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**Reflection: When did you notice or learn through practicing this exercise? What would you want to remember or try next time?**

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Adapted from concepts described in: Turrell, S. L., & Bell, M. (2016). *ACT for adolescents: Treating teens and adolescents in individual and group therapy*. Context press. This worksheet is provided by the Center for Anxiety, OCD, and Cognitive Behavioral Therapy in Philadelphia. Learn more about our services, resources, and evidence-based treatment for anxiety, OCD, and trauma: <https://anxietyocdphilly.com/>.