

ACT Thought Record

Use this exercise to practise opening up to and normalising uncomfortable thoughts and feelings so that you can move towards your purpose, values and goals. Be present, willing to experience what comes up, defuse from unhelpful thoughts and act according to your values.

Trigger	Feelings	Thoughts	Values	Acceptance / Defusion	Action
What situation or event triggers the problem?	What uncomfortable emotions and physical sensations do you notice?	What unhelpful or distressing thoughts do you get caught up in?	Which values are relevant to this; what do you want to stand up for in the face of this problem?	What can you do to disentangle, lower resistance and increase psychological flexibility?	What concrete actions will you take to move towards your values and goals?