

ACT-Based Journaling

Challenge

<p>Action/Behavior</p> <p>What ineffective action did I take, or what unhelpful behavior did I engage in?</p> <p>→ Actions are not identity; this is not who I am but what I did</p>	<p>Values</p> <p>Which of my values was this action or behavior inconsistent with?</p> <p>→ Values are a guide for behavior, not a tool to beat myself up</p>
<p>Thoughts</p> <p>What thoughts, beliefs, or ideas hooked me and contributed to acting or behaving outside my values?</p> <p>→ I am not my thoughts; my thoughts don't control my actions</p>	<p>Feelings</p> <p>What feelings or emotions contributed to acting or behaving outside my values?</p> <p>→ I am not my feelings; my feelings don't control my actions</p>

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Response

<p>Action/Behavior</p> <p>What are the actions I want to take or behaviors I want to engage in next time, when faced with a similar challenge?</p>	<p>Values</p> <p>What will it be like to act or behave more consistently with my values?</p>
<p>Thoughts</p> <p>How can I practice unhooking from unhelpful thoughts, beliefs, or ideas in the future?</p>	<p>Feelings</p> <p>How can I practice making space for difficult feelings and emotions, so they will have less impact on my choices in the future?</p>