

Avoidance and Suffering Diary ACT Worksheet

Patient Name: _____ Date: _____

Instructions:

In order to enhance your psychological flexibility and overall well-being, please complete this diary whenever you experience avoidance behaviors and emotional suffering. Reflect on your thoughts, emotions, and actions, and use this worksheet to guide your journey towards acceptance and committed action.

Situation:

Briefly describe the situation that triggered your avoidance and emotional suffering.

Emotions and Sensations:

Identify and describe the emotions you felt during the situation. Note any physical sensations (e.g., tension, rapid heartbeat) accompanying these emotions.

Thoughts:

Write down the thoughts that crossed your mind during the situation. Be as specific as possible. Are there any recurring negative thoughts or self-criticisms?

Urge to Avoid:

Did you feel the urge to avoid or escape the situation, emotion, or thought? Rate the intensity of this urge on a scale of 0 to 10 (0 = no urge, 10 = extremely strong urge).

Acceptance and Mindfulness:

Practice mindfulness by observing your thoughts and emotions. Write down any attempts you made to accept your feelings without judgment. How did you bring mindfulness into this situation?

Values Reflection:

Consider your core values – what truly matters to you in life. How do your actions align with these values in this situation? Reflect on the importance of moving towards your values despite discomfort.

Committed Action:

Describe an action you can take that aligns with your values, even if it involves facing your fears. Write down your commitment to taking this action, including a specific plan and timeline.

Outcome and Learning:

After taking the committed action, reflect on the outcome. Did your emotions or thoughts change? What did you learn from this experience, and how might you approach a similar situation in the future?

Progress Tracker: