

ACT Therapy Worksheets

A printable sampler for therapists, organised by hexaflex process.

Modality fidelity matters. A defusion exercise is not a thought record. A values bull's-eye is not a goal-setting worksheet. Adapt language and pacing to the client and the modality you are trained in. These prompts document an experiential rehearsal that already happened in session, not a substitute for the rehearsal.

Includes

1. Defusion observation log (I'm having the thought that...)
2. Values bull's-eye across six life domains
3. Committed-action plan (value + Tuesday 4pm behaviour)
4. Willingness check-in (0-10) paired with valued action

Educational content for therapists. Not legal or clinical advice. ACT-aligned use of these tools assumes appropriate training; the worksheet does not substitute for the protocol it implements.

2 — Values bull's-eye

Map current behaviour against stated values across six life domains. The bull's-eye is the value lived; outer rings are how far current behaviour is from it. Generative, not evaluative.

Life domain	What I want my behaviour to stand for (value)	How close am I right now to it?	What are the next steps to get closer?
Work / education			
Intimate relationships			
Family			
Friendships			
Health & body			
Leisure & growth			

3 — Committed-action plan

Translate one value into a time-bounded, behaviourally specific step. A goal achieved is not the same as a value lived; check the action sits in service of a value.

Value this action serves:

Specific behaviour (verb + object):

When (day + time):

Where:

Internal experience that may show up while doing it:

Smallest viable version of this if the full version doesn't work:

How will I know I did the action in service of the value, not just the goal?

About this sampler

Authored by Dr. Hannah Lin, modality specialist (CBT, ACT, IFS), for Emosapien — a co-therapy tool purpose-built for therapy practices. ACT-aligned worksheets work when they document an experiential rehearsal, not when they substitute for one.

[emosapien.com / resources / act-therapy-worksheets](https://emosapien.com/resources/act-therapy-worksheets)