ACT Care Steps

Willingness, unhooking, values and towards moves.

Name: _____ **Date:** _____

1. Safety first

Risk or crisis? Get help first.

2. Assess

Notice the stuck pattern. Not a diagnosis.

3. Workability

Did control help your life?

4. Willingness

Make room for one feeling.

5. Defusion

Unhook from a sticky thought.

6. Notice now

Present moment and observer self.

7. Values

What matters, not just goals.

8. Action

One towards move this week.

9. Review

Notice setbacks. Recommit.

What ACT worksheets are and are not

Skill practice pages, best used with a clinician who can check safety.

Is Practical skills practice	Values, hooks, willingness, reviews
Is not Not a treatment by itself	A diagnosis, a cure, thought stopping
Care Refer when more help is needed	Therapy, prescriber, primary care

Skill practice aid only. Does not diagnose or treat mental health conditions.

Crisis: call or text 988 · Text HOME to 741741 · Emergency: 911

Not affiliated with Hayes, ACBS or any author cited on the guide page.

My ACT Plan

Name what matters, notice hooks, take one towards move.

Name: _____ **Date:** _____

My values and hooks

A value that matters to me: _____

How I would like to show that value: _____

A hook (thought, feeling or urge): _____

An away move I want to notice: _____

Defusion, willingness and present moment

A defusion phrase I can try: _____

One feeling I can make room for: _____

A present moment anchor (breath, feet, sounds): _____

Observer reminder (I am the one noticing): _____

If I get hooked, I will: _____

Committed action, support and notes

One towards move I will take this week: _____

When, where, and how long: _____

Support I can ask for: _____

My setback warning signs: _____

If I notice them, I will: _____

Clinician or support to call: _____

Notes and what I want to try next: _____

Crisis: call or text 988 · Text HOME to 741741 · Emergency: 911

More notes:

_____

_____

_____

_____

_____

_____

_____

_____

Original layout by Lotus & Tulip, based on published ACT research. Not therapy.

Free printable from Lotus & Tulip · lotustulip.com/act-worksheets.html

ACT Practice Log

What showed up, what I did, what I learned.

Name: _____ **Date:** _____

Day	Situation	Hook	Skill I used	Towards move
1				
2				
3				
4				
5				
6				
7				

ACT pocket cards (cut out)

Workable Did this help my life?	**Willing** I can make room	**Unhook** Name the thought
Present Feet, breath, sounds	**Observer** I am the one noticing	**Values** What matters here?
Towards One valued step	**Recommit** Begin again	**Safety** 988 · HOME 741741 · 911

Not a treatment. In danger: call or text 988, text HOME to 741741, or call 911.

Towards moves I took this week:

_____

_____

_____

_____

_____

_____

_____

_____

L&T

Lotus & Tulip

Liked this free printable?

The complete, ready to print version is here:

ACT Worksheets for Therapists

Fillable PDF, 20 pages: values compass, defusion record, choice point, committed action plan and weekly values tracker

Holiday sale on Etsy until Dec 2: about $9.20, was $12

Get it on Etsy

etsy.com/listing/4607263524 | instant digital download

See every page first: lotustulip.com/act-worksheets-for-therapists.html

More free printables: lotustulip.com/free-tools.html

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