

# Guided Journal Prompts

Inspired by ACT – Acceptance and Commitment Therapy

**Instructions:** Think of a stressful situation or worry that's been bothering you. Complete all sections or scroll to the section that seems most fitting for the topic in mind. Use the lines on the dedicated journal pages to write out and organize your thoughts, feelings, and desired actions.

## I. Being present

- a. What am I noticing around me?
- b. What do I feel inside my body?
- c. What can anchor me to this moment?

## II. Values

- a. What do I want to incorporate more of into my life?
- b. What will help me carry out my sense of purpose?
- c. What values do I want to be remembered as having lived by?

## III. Committed Action

- a. What is the next step that I can take?
- b. What am I willing to keep doing?
- c. What do I want to try doing?

## IV. Defusion

- a. What kind of voice is saying that (inner critic, anxious mind, etc.)?
- b. Do I need to hold on to or act on this thought?
- c. What other options do I have in addition to this thought?

## V. Acceptance

- a. How can I befriend this feeling?
- b. How can I create space to express this feeling as it is?
- c. How can I work with this perspective?

# Being present

What am I noticing around me?

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What do I feel inside my body?

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What can anchor me to this moment?

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# Values

What do I want to incorporate more of into my life?

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What will help me carry out my sense of purpose?

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What values do I want to be remembered as having lived by?

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## Committed Action

What is the next step that I can take?

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What am I willing to keep doing?

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What do I want to try doing?

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# Defusion

What kind of voice is saying that (inner critic, anxious mind, etc.)?

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Do I need to hold on to or act on this thought?

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What other options do I have in addition to this thought?

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# Acceptance

How can I befriend this feeling?

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How can I create space to express this feeling as it is?

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How can I work with this perspective?

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