

Worksheet for Clients

Name _____ Date _____

Self-as-Context Worksheet

The process of taking perspective, or self-as-context, refers to the ability to observe one's own thoughts, emotions, and stories from a distance. It helps us understand that these thoughts or stories do not define us; rather, we are the context in which those experiences occur.

Through the exercises provided, you'll be able to identify beliefs or narratives that might be limiting you, reflect on their impacts, and envision alternative perspectives that allow you to expand your self-identity. As we venture into these exercises, remember that the goal is to enhance your psychological flexibility, encouraging you to shape your own story and identity in ways that resonate with your true values.

Instructions:

Step 1 Recognize Your Stories

Identify a story or belief about yourself that you feel is limiting you or not serving you well. For example, it could be a belief that you can only connect with certain types of people.

1 ACT This tool was provided by _____

Step 2 Reflect on the Impact of Your Story

What experiences did this story lead you to? How has it affected your life and your relationships? For example, "Since I think that I can only connect with people who are very disciplined about exercise, most of my friends are gym fans who don't want to do other things, so I don't have anyone to go to the movies with."

Step 3 Imagine Other Perspectives

Now think of yourself in other ways. What are some other aspects of or stories about yourself that contrast with or expand beyond your initial story? For example, you might identify yourself as a good listener or helper, or may think about finding new friends who also enjoy movies.

Step 4 Imagine Other Perspectives

Complete the statement “I am _____” with as many different endings as possible. Try to include various aspects of your identity, roles, characteristics, abilities, interests, and so on.

Create as many options as possible	
I am:	
I am:	
I am:	
I am:	
I am:	
I am:	
I am:	

Step 5 Reflect on Your Self-Identities

Review the various aspects of your identity you wrote down in the previous step. Which one feels most helpful to you in dealing with your problems? Which identity or story do you want to prioritize or focus on?

Remember that you are the author of your own story and identity. By exploring different aspects of yourself and making conscious choices about which identities or stories to prioritize, you can increase your psychological flexibility and live a life more aligned with your values.