

Worksheet for Therapists

Name _____

Date _____

Harnessing Language in ACT: A Worksheet for Therapists

In acceptance and commitment therapy (ACT), language serves as a critical tool for intervention, empowering therapists to help clients shift perspectives, embrace acceptance, identify values, and commit to actionable change. This worksheet is designed to guide you in consciously harnessing the power of language to foster therapeutic conversations and promote desirable behaviors in your clients.

Remember that each interaction with clients offers opportunities to cultivate desirable behavior and conduct meaningful conversations.

Use therapeutic dialogues as a mirror to reflect and clarify your client's values.

Always underscore even small steps toward values-based objectives, considering challenges for clients in initiating behavioral change.

Step 1 Facilitate Present Moment Awareness

Reflect on a recent session where your client was caught in past events or future anxieties. Recount the scenario briefly and jot down some linguistic strategies you used or could use to guide them back to the present moment.

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Step 2 Using Language for Perspective Shifts

Consider a client who often dwells on negative self-stories. Record a dialogue you might have with this client to gently shift their perspective and help them see these narratives as part of a broader experience rather than immutable truths.

Step 3 Promote Acceptance

Describe a time when a client was struggling to accept a particular emotion or thought. Detail how you used, or would use, language to encourage the client to slow down, observe, and accept their experiences:

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Step 4 Reflect Values

Write down a recent conversation where you used language to mirror back a client's values or supported them in gaining clarity about their values. How can you use such moments to guide clients to shape more helpful self-stories?

Step 5 Reinforce Committed Actions

Write down an instance when a client made a small step toward their therapeutic goals. How did you use language to reinforce this progress? How can you use exploratory questions to understand their experience and to motivate further action?

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