

Free ACT worksheets: Version 2

Accept

Accepting things as they are natural/actual in the present. Connect with yourself

Acknowledge:

Simply saying yes to the things that have been presented in front of you, Look within yourself, explore.

Mindfulness activities:

If you have any opposing thoughts, just leave them behind, focus on the present moment, and start noticing things around you. Name three things you see, name three things you hear.

Investigate:

What do I want out of this relationship and things around you. Pros and Cons of experiencing this.

Admit your Mistakes:

Accept and admit your issues and problems.

Don't dwell in the Past:

Move on and live in the present.