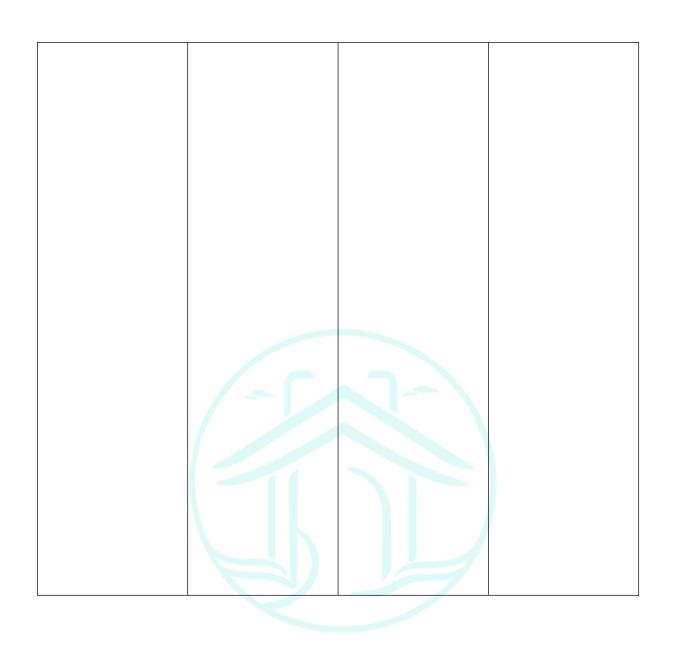
## THE PROBLEMS AND VALUES WORKSHEET

Acceptance and commitment therapy aims to reduce struggle and suffering and make life rich, full, and meaningful. To help this process, four types of information- represented in the four columns below- are particularly important. Between now and the next session, see what you can write in or add to each column.

Struggle and Suffering		Rich and Meaningful Life	
Problematic	Problematic	Values: What	Goals and Actions:
thoughts and	<b>Actions:</b> What are	matters to you in the	What are you
feelings: what	you doing that	"big picture"? What	currently doing that
memories, worries,	makes your life	do you want to stand	improves your life in
fears, self-criticism,	worse in the long	for? What personal	the long run?
or other thoughts do	run- that keeps you	qualities and	What do you want to
you get "caught up"	stuck, wastes your	strengths do you	start or do more of?
in? What emotions,	time or money,	want to develop?	What life-enriching
feelings, urges, or	drains your energy,	How do you want to	goals do you want to
sensations do you	impacts negatively	enrich or improve	achieve? What life-
struggle with?	on relationships, or	your relationship?	enhancing actions do
	leads to you	How would you like	you want to take?
	"missing out" on	to "grow" or develop	What life-
	life?	through addressing	improving skills
		your issues(s) or	would you like to
		problem?	develop?
	\ II.		
	SOLACE	CHELTED	
	SOLACE	SHELLEK	



SOLACE SHELTER