

"Acting As If" Technique Worksheet

This worksheet will guide you through the steps of applying the "Acting As If" technique to develop desired behaviours and achieve personal growth.

Step 1: Identify the Desired Behaviour or Outcome

Clearly define what you want to achieve or how you want to act.

- **What is the behaviour, quality, or outcome you want to develop?** Example: "I want to feel confident speaking in public."

Answer:

Step 2: Visualize the Ideal State

Imagine yourself already possessing this quality or behavior. Picture how you would act, speak, and think.

- **What does the ideal version of you look like in this situation?** Example: "I am standing tall, smiling, speaking clearly, and maintaining eye contact."

Answer:

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Step 3: Identify Specific Actions

List specific actions that align with your desired behavior or state.

- **What actions would someone with this quality or behavior take?** Example: "Practice my speech, speak slowly, use hand gestures, and smile."

Actions:

1.

2.

3.

4.

Step 4: Act As If

Start behaving in a way that matches your desired outcome, even if it feels unfamiliar or awkward at first.

- **What is one small step you can take today to act as if you already have this quality or behaviour?** Example: "Record myself practising a speech with confident body language."

Answer:

Step 5: Practice and Reflect

Consistently practice the new behavior and reflect on your progress.

- **What went well when you acted as if?** Example: "I felt more confident and received positive feedback."

Answer:

- **What could you improve next time?** Example: "Speak a little slower and focus more on maintaining eye contact."

Answer:

Reflection Questions

1. **How did it feel to act as if you already had this quality or behaviour?**

2. **What surprised you about the experience?**

3. How can you apply this technique in other areas of your life?

Additional Practice Scenarios

Use the space below to write out how you would act as if in the following situations:

1. You want to feel more confident in social situations.

How would you act?

2. You want to be seen as a leader at work.

How would you act?

3. You want to adopt a more optimistic mindset.

How would you act?

Practice regularly and revisit this worksheet to track your growth and progress!



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