WORKSHEET 37 · FOR THE PSYCHOLOGIST

My committed action plan

Turning a value into concrete actions, obstacles included

AIM

Translate a value into concrete short-term goals, anticipate internal and external obstacles and plan how to respond.

WHO IT IS FOR

After work on values (worksheets 05, 33, 34), to move into action.

DURATION

20 min in session; follow-up over 2-4 weeks

HOW TO RUN IT

1. Choose a value with the person.
2. Define a concrete, realistic, dated action (what, when, where, with whom), preferably small.
3. Anticipate internal obstacles (thoughts, emotions) and external ones (time, money, other people).
4. For each obstacle, plan a response: defusion, acceptance, adapting the action, help from someone close.
5. Review at the next session, without judging: what helped? What needs adjusting?

POINTS TO WATCH

> A very small action that gets done is better than a big one that gets postponed. If it doesn't work out, explore what happened with curiosity: it is information, not a failing.

REFERENCES

Harris, R. (2019). ACT Made Simple: An Easy-to-Read Primer on Acceptance and Commitment Therapy (2nd ed.). New Harbinger.

Hayes, S. C., Strosahl, K. D. & Wilson, K. G. (2012). Acceptance and Commitment Therapy: The Process and Practice of Mindful Change (2nd ed.). Guilford.

PSYCHOLOGIST'S NOTES

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WORKSHEET 37 · WORKSHEET TO HAND OUT

My committed action plan

A value comes to life when you act. Choose a small, concrete action, plan for what might hold you back and how you will respond.

1. My value: _____
2. My action (what, when, where, with whom): _____
3. What might hold me back, inside and outside: _____
4. What I will do if that obstacle comes up: _____

Planned action	Date	Done? (yes/no)	What I learnt

What do I keep and what do I adjust to carry on?

These exercises do not replace therapy. If you are in distress or having suicidal thoughts: 112 (European Union), 3114 (France) or the emergency number of the country where you live.

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