

Acceptance and Sources of Strength CBT Worksheet

Name: _____ Date: _____ dd / mm / yyyy

PART 1: SELF-REFLECTION

On a scale of 1 to 10, with 1 being not at all and 10 being completely, how accepting are you of yourself and your current situation regarding [specific issue]?

1 2 3 4 5 6 7 8 9 10

What are some thoughts or beliefs that might be preventing you from fully accepting your situation? List them below:

Belief/Thought 1:

Belief/Thought 2:

Belief/Thought 3:

Challenge your negative beliefs: For each belief or thought listed above, try to reframe it in a more accepting and positive way.

Belief/Thought 1 (Reframe):

Belief/Thought 2 (Reframe):

Belief/Thought 3 (Reframe):

PART 2: STRENGTHS INVENTORY

Part 2: Strengths Inventory Instructions: Identify at least three strengths you possess. Reflect on how you've used these strengths in the past and how you can leverage them to improve your current situation.

Strength 1: _____

How I've Used This Strength in the Past (Strength 1):

How I Can Use This Strength to Improve My Current Situation (Strength 1):

Strength 2: _____

How I've Used This Strength in the Past (Strength 2):

How I Can Use This Strength to Improve My Current Situation (Strength 2):

Strength 3: _____

How I've Used This Strength in the Past (Strength 3):

How I Can Use This Strength to Improve My Current Situation (Strength 3):

PART 3: POSITIVE AFFIRMATIONS

Part 3: Positive Affirmations List three positive affirmations that you can use daily to promote self-acceptance and resilience. Repeat these affirmations to yourself regularly to reinforce a positive mindset.

Affirmation 1:

Affirmation 2:

Affirmation 3: