

Appreciating Your Partner ACT Worksheet

Patient Name: _____ Contact information: _____

Address: _____ Date: _____ dd / mm / yyyy

Incorporating Acceptance and Commitment Therapy (ACT) principles, this worksheet is designed to enhance appreciation and strengthen the bond with your partner. Follow the steps below to cultivate a deeper understanding and connection within your relationship.

Step 1: Mindful Reflection - Write down at least three qualities or characteristics that you appreciate about your partner

Step 2: Thought Exploration - I am having the thought that...

I am having the thought that...

I am having the thought that...

Step 3: Cultivating Acceptance - Write a brief paragraph accepting your partner's imperfections and committing to support their growth

Step 4: Values Alignment - Write down at least three values that you both cherish

Step 5: Meaningful Action - Action

Timeline

Step 6: Reflection - Consider how practicing appreciation, acceptance, and commitment can contribute to a more fulfilling and connected relationship with your partner