Psychological Flexibility Worksheet

Name: _____ **Date:** _____ dd / mm / yyyy

Psychological flexibility describes the ability to stay open, aware, and engaged in the present moment even when facing difficult thoughts, emotions, or situations. It involves making choices based on your values instead of being driven by automatic or avoidant reactions.

SECTION 1: ATTENTION TO THE PRESENT MOMENT

What did you notice? (e.g., wandering thoughts, tension, calmness)

5 Things you see:

4 Things you can touch:

3 Things you hear:

2 Things you smell:

1 Thing you taste or feel:

How does focusing on the present moment change your experience?

SECTION 2: DEFUSION – UNHOOKING FROM THOUGHTS

Thoughts:

How does this exercise affect the way you see the thought? Does it feel lighter, less controlling, or the same?

SECTION 3: ACCEPTANCE – MAKING SPACE FOR EMOTIONS

Specify below:

What does it look like?

How big is it?

Is it moving or still?

How does it feel to stop fighting the emotion?

How might letting go of resistance allow you to focus on other areas of life?

SECTION 4: OBSERVING YOURSELF OVER TIME

1. As a child: How would you describe yourself then?

2. As a teenager: How would you describe yourself then?

3. Today: How do you describe yourself now?

What has stayed constant about you through all these changes?

SECTION 5: VALUES

Who do you want to be as a person?

What qualities do you want to show (e.g., kindness, honesty, courage)?

What is most important to you in relationships, work, health, and personal growth?

Specify below:

SECTION 6: COMMITTED ACTION

Value:

Specify below:

Barrier

My response:

Specify below:

How do you feel after taking this step?

Specify below: