

Exploring Willingness and Commitment

Acceptance and Commitment Therapy (ACT) and Rational Emotive Behavior Therapy (REBT) have some critical similarities. In particular, both aim to improve our willingness to accept life's challenges.

Exploring Willingness and Commitment is an exercise that combines elements from both ACT and REBT approaches to help you:

- Isolate a meaningful value that you'd like to pursue in your life
- Identify a practical step you can take toward achieving that aim - a "Committed Action", and
- Create a plan for overcoming obstacles that might arise along the way.

Work through the exercise at your own pace, writing your answers in the boxes provided.

If you aren't satisfied with the committed action you've come up with when you complete the exercise, feel free to start over again!

What is one personal value you would like to introduce more of into your life?

In ACT, values are never fully satisfied or permanently accomplished. They are directions, guiding our behavior, rather than static achievements. E.g., Open-mindedness, Honesty, or Loyalty.

Think of a goal you'd like to accomplish that is related to this value - one that will help you know you're on the right path.

E.g. Valuing "Perseverance" → Continuously seeking further knowledge through academic pursuits.

Outline a concrete action that will take you toward accomplishing this goal.

E.g. Progressing through different levels of your language class each year.

What personal “stuff” might your committed action bring up?

What physical and psychological feelings?

What unproductive/unpleasant self-criticisms or thoughts?

What visuals or memories?

Much of the personal 'stuff' we come up with seems more like an obstacle than it is in reality.

While unhelpful thoughts, feelings, and sensations do exist, we can very frequently still achieve what we commit ourselves to in spite of them.

"Stress" is a good example. Having a lot of stressful feelings on your plate can seem overwhelming, but essentially "stress" can be a part of life without preventing us from achieving our goals.

Are you prepared to create space for the emotions and thoughts that come up from your action?

Yes → Create space and take action!

No → Pick a different personal value and re-do the worksheet.