

# humantold

## Values to Committed Action (Part 4)

This activity discusses values and action from the perspective of ACT (Acceptance and Commitment Therapy) to help create a life in alignment with your guiding principles.

When using committed action towards specific struggles one strategy you can use is **value driven exposure**. In this you will take committed action towards your values despite some of the struggles you might face.

These should be challenging, but manageable that allow you more psychological freedom and flexibility in your pursuit of living in alignment with your values. Use the analogy of sticking your toes in the cold pool instead of diving into the deep end.

*\*This may not always be appropriate depending on the situation such as if you could hurt yourself or someone else.\**

<b>What committed action can you engage in?</b>	<b>What do you need to make room (thoughts, emotions, physical sensations)?</b>	<b>What value is this connected to?</b>
<i>Ex. Someone with social anxiety going to a friend's birthday party.</i>	<i>Anticipatory anxiety, physical discomfort of anxiety</i>	<i>Friendship</i>
1.		
2.		
3.		
4.		
5.		

Gustafson, C. (2019). *Reclaim your life: Acceptance & commitment therapy in 7 weeks: Strategies to manage depression, anxiety, Ptsd, Ocd, and more*. Rockridge Press.