

Triggers and Intentions ACT Worksheet

Name	Date
Identifying triggers	
Trigger #1 (situation or event):	
What were the specific circumstances leading up to this trigger?	
How did you feel during and after the trigger?	
Trigger #2 (situation or event):	
What were the specific circumstances leading up to this trigger?	
How did you feel during and after the trigger?	
Exploring reactions and responses	
List the emotions and thoughts that arose in response to each trigger and rate the intensity of each emotion and thought on a scale of 1 to 10 (1 = mild, 10 = intense).	
Trigger #1	
Emotion	Rating
1.	
2.	
3.	
4.	

5.	
Trigger #2	
Emotion	Rating
1.	
2.	
3.	
4.	
5.	
Describe how you typically behave when faced with these triggers.Are there any actions you tend to take or avoid? How do these behaviors impact your overall well-being?	
Clarifying values and intentions	
Identify and list your core values (e.g., relationships, personal growth, health).	
Why are these values important to you? How do these values contribute to a meaningful life?	

Intentional actions

For each trigger, describe how you would like to respond in alignment with your core values.

What actions can you take that are consistent with your values, even in the presence of these triggers?

How might these intentional responses lead to a greater sense of well-being and fulfillment?

Action plan

Based on your intentional responses, outline specific actions you commit to taking the next time you encounter these triggers.

Additional notes