



## GOAL-SETTING WORKSHEET

**Use this worksheet to plan your response to an upcoming stressful situation.**

**Tools to use: values – feeling words – traits – ACT skills**

Step 1. **Describe the stressful situation.** Name distressing thought and/or feeling.

Step 2. **Ask yourself,** “In this situation, what do I value, what kind of person do I want to be?”

Step 3. **List your helpers** – e.g. skills, strengths, resources.

Step 4. **Write your intention** – e.g. “When I notice I am feeling sad, I will...” List specific action steps that will move you towards your values and goals.

<b>Situation</b>	Situation:  Difficult Thoughts that might hook me:  Difficult Feelings that might hook me:
<b>Values</b>	What I value:
<b>Goals</b>	The outcome I want:  The person I want to be:
<b>Helpers</b>	Skills:  Strengths:  Resources:
<b>My intention</b>	<i>When situation _____ happens, then I will....</i>  <i>When I notice this thought, then I will....</i>  <i>When I notice this feeling, then I will...</i>

## GOAL SETTING WORKSHEET

<p><b>Situation</b></p> <p><i>The difficult situation, including thoughts and feelings</i></p>	<p>Situation:</p> <p>Difficult Thoughts that might hook me:</p> <p>Difficult Feelings that might hook me:</p>
<p><b>Values</b></p> <p><i>What matters</i></p> <p><b>Goals</b></p> <p><i>What I want to happen</i></p>	<p>What I value:</p> <p>The outcome I want:</p> <p>The person I want to be:</p>
<p><b>Helpers</b></p> <p><i>Aids to help me get unhooked</i></p>	<p>Unhooking Skills:</p> <p>Strengths:</p> <p>Resources:</p>
<p><b>My intention</b></p> <p><i>The plan: "I will...."</i></p>	<p><i>When I am in this situation: I will...</i></p> <p><i>When I notice the thought: I will...</i></p> <p><i>When I notice the feeling: I will...</i></p>

GOAL-SETTING PLAN EXAMPLE: a person with social anxiety going with his spouse to an uncomfortable social situation, a party.

<p><b>Situation</b></p> <p><i>The difficult situation, including thoughts and feelings</i></p>	<p><b>Situation:</b> <i>Going to a party where I won't know everyone</i></p> <p><b>Difficult Thoughts that might hook me:</b> <i>I'm not good at small talk, I don't know what to say to strangers, People might think I'm boring, Get me out of here!</i></p> <p><b>Difficult Feelings that might hook me:</b> <i>Self-conscious, vigilant, nervous, exposed, tense, uncomfortable</i></p>
<p><b>Values</b></p> <p><i>What matters to me</i></p> <p><b>Goals</b></p> <p><i>What I want to happen</i></p>	<p><b>What I Value:</b> <i>belonging, curiosity, determination, joy, fidelity, growth, achievement, sacrifice, facing my fears</i></p> <p><b>The outcome I want:</b> <i>to enjoy myself, to meet someone new, for my spouse to relax and have a good time, to be able to say "I'm glad I went"</i></p> <p><b>The person I want to be:</b> <i>flexible, sincere, warm, creative, expressive</i></p>
<p><b>Helpers</b></p> <p><i>Aids to help me get unhooked</i></p>	<p><b>Skills:</b> <i>observing, noticing, willingness, self-talk, self-compassion, relaxation, dropping the anchor, remind myself of my values.</i></p> <p><b>Strengths:</b> <i>caring, sincere, warm, creative, expressive, inquisitive</i></p> <p><b>Resources:</b> <i>touch base with people I know, take a break if needed, tell spouse my intention, get her support if needed.</i></p>
<p><b>My intention</b></p> <p><i>The plan: "I will...."</i></p>	<p><i>When I go the party I will be prepared to have nervous feelings. When I notice I am feeling nervous, I will take a few slow, deep breaths. I will make room for the nervous feelings. I will be kind to myself, telling myself 'It's okay to feel nervous'. I will 'drop the anchor'. Then, I will remind myself of my values and goals. I will use my inquisitive skills to ask questions of the people I meet, to show sincere interest in them. I will make it a goal to get to know one person and to feel proud of how I got through this.</i></p>