

# Worksheet 01.10 FEAR to ACT

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Acceptance and Commitment Therapy (ACT) uses the **FEAR** acronym to explain and identify problems with experiential avoidance and cognitive entanglement. **FEAR** is as follows:

1. **F**usion with your thoughts
2. **E**valuation of experience
3. **A**voidance of your experience
4. **R**eason giving for your behavior

To practice moving from **FEAR** answer the questions that follow.

## **Fusion**

In the past, in what ways have you fused with your thoughts that might have led to anxiety or depression? That is to say, in what ways have you chosen to believe thoughts and feelings that didn't turn out to be true?

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## **Evaluation**

In the past, in what ways have you judged your feelings or thoughts as "good" or "bad," and how might these evaluations have led you to suffering?

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## **Avoidance**

In the past, in what ways might you have avoided thought or feeling by telling yourself, "Don't think about it" or "pretend I don't feel it?"

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## Reason-giving

In the past, what reasons or excuses have you given for trying to avoid what you are thinking or feeling? How might those reasons have led to suffering?

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The antidote to the **FEAR** response is the **ACT** response, which is:

1. **A**ccept your reactions and be present
2. **C**hoose a valued direction
3. **T**ake action

To practice moving to **ACT** answer the questions that follow.

## Accept

In the present, what can you do to help you accept your thoughts and feelings without feeling you have to act on them?

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## Choose

In the present, what valued direction can you choose? How can you think in ways that support your values in life?

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## Take Action

In the present, what valued actions can you choose? How can you act in ways that support your values in life?

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