



Heather DeAngelis, LCSW-R, LCSW, CEAP
heatherdeangelis.com

Values & Goals Worksheet

Values: How I want to live my life. Goals: What I want to achieve in life.

What is important to me: _____

Goal I want to achieve: _____

Action Steps toward Goal	Obstacles	Strategies	Date Achieved
1.			
2.			
3.			
4.			



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ACCEPTANCE AND ACTION QUESTIONNAIRE (AAQ-II)

Below you will find a list of statements. Please rate how true each statement is for you by circling a number next to it. Use the scale below to make your choice.

1	2	3	4	5	6	7	
never true	very seldom true	seldom true	sometimes true	frequently true	almost always true	always true	
1. My painful experiences and memories make it difficult for me to live a life that I would value.	1	2	3	4	5	6	7
2. I'm afraid of my feelings.	1	2	3	4	5	6	7
3. I worry about not being able to control my worries and feelings.	1	2	3	4	5	6	7
4. My painful memories prevent me from having a fulfilling life.	1	2	3	4	5	6	7
5. Emotions cause problems in my life.	1	2	3	4	5	6	7
6. It seems like most people are handling their lives better than I am.	1	2	3	4	5	6	7
7. Worries get in the way of my success.	1	2	3	4	5	6	7

This is a measure of psychological inflexibility or experiential avoidance. Higher scores equal greater levels of psychological inflexibility.

Bond, F. W., Hayes, S. C., Baer, R. A., Carpenter, K. M., Guenole, N., Orcutt, H. K., Waltz, T., & Zettle, R. D. (2011). Preliminary psychometric properties of the Acceptance and Action Questionnaire - II: A revised measure of psychological inflexibility and experiential avoidance. *Behavior Therapy*, 42, 676-688.