

# Faith-Integrated ACT Worksheet

## Living the Image of God Through ACT

You are made in the image of God (Genesis 1:26-31). This truth gives you inherent dignity and purpose. Even in difficult times, you are invited to live with reverence for life, gratitude for your place in creation, and a commitment to reflect God's goodness in how you care for yourself and others.

This worksheet gently guides you to notice where avoidance may be limiting your engagement with these truths and to choose small, faithful steps forward, even when emotions like fear or anger are present.

### Values-to-Behavior Mapping

For each value, list specific behaviors that reflect how you did, do, and/or could live into that value in daily life. These may look different after your medical experience.

1. Behaviors that Enhance Connection to Family
2. Behaviors are Associated with Happiness
3. Behaviors that Enhance Your Health
4. Behaviors that Enhance Spirituality and/or Your Sense Thereof
5. Behaviors that Enhance or Reflection Your Duty to Others

### Identifying Avoidance

Reflect on what gets in the way of living your values. Consider emotional, cognitive, or behavioral avoidance. You may notice fear, grief, or physical limitations. Remember: these experiences do not define you. You are still God's beloved creation. Some questions you might ask yourself.

- What thoughts or feelings show up when you try to act on this value?
- What do you do when those thoughts or feelings show up?
- How does this avoidance affect your connection to the value?
- How does this avoidance affect your connection to the value and to God's image in you?

	Avoidance Behavior(s)	Impact on Values
Family		
Happiness		
Health		
Spirituality		
Duty to Others		

## Micro-Commitments

Choose one small action you can take toward each value, even if discomfort is present. These actions can be very small and gentle. These actions reflect your desire to live into God's image with courage and grace.

Example: "Even though I feel anger, I will reach out to those with whom I am angry because God's love and thus my love and dedication to serve is permanent, anger is temporary."

	<b>Commitment</b> <i>As detailed as possible, including date, time, etc.</i>	<b>Outcome</b> <i>If achieved, how did you feel? If avoided, what happened?</i>
Family		
Happiness		
Health		
Spirituality		
Duty to Others		