

Value-Based Action Plan



Choose a recent situation that triggered strong negative feelings. Create a Value-Based Action plan that replaces your undesired behavioural response with preferred behaviours that aim to *decrease stress*. Make sure these actions reflect values that are important to you. What can help to remember these actions in stressful circumstances.

Values	Corresponding Responses	Preferred Behaviours
Which of my values apply in this situation?	What thoughts, feelings and sensations are attached to these?	How would I prefer to respond consistently with my values? How can I decrease stress and increase my well-being?
	Thoughts: Feelings: Sensations: Urges:	

What are the SHORT TERM consequences of my Preferred Behaviours? How do I feel about them?	What are the LONG TERM consequences of my Preferred Behaviours? How do I feel about them?
What RESOLVING actions can I put in place to use when I need to de-stress?	What PREVENTATIVE actions can I put in place to use BEFORE I get stressed?