

russ harris values worksheet

Russ Harris Values Worksheet: Discovering What Truly Matters to You

russ harris values worksheet is a practical tool inspired by the work of Russ Harris, a leading figure in Acceptance and Commitment Therapy (ACT). If you've ever felt stuck or unsure about the direction your life is taking, this worksheet can provide clarity by helping you identify and connect with your core values. Unlike typical goal-setting exercises, Russ Harris's approach emphasizes living a meaningful life aligned with what genuinely matters, rather than chasing fleeting achievements or external validation.

Understanding and clarifying your values can be transformative. It allows you to make decisions that resonate deeply with your inner self, fostering a sense of purpose and satisfaction. In this article, we'll explore the ins and outs of the Russ Harris values worksheet, how it works, and why it's a powerful tool for personal growth and emotional well-being.

What is the Russ Harris Values Worksheet?

At its core, the Russ Harris values worksheet is a guided exercise designed to help individuals pinpoint their personal values across different life domains. Russ Harris, the author of "The Happiness Trap," popularized this exercise as part of the ACT framework. ACT encourages psychological flexibility by teaching people to accept difficult thoughts and feelings while committing to actions that align with their values.

The worksheet typically prompts you to reflect on what you want your life to stand for in areas like relationships, work, personal growth, health, and contribution to the community. It's not about setting rigid goals but about uncovering the qualities and principles that give your life meaning.

How the Worksheet Works

The process involves a series of open-ended questions and value lists. You might be asked to consider questions such as:

- What kind of partner, friend, or family member do I want to be?
- How would I like to approach my career or education?
- What personal traits do I value most?
- What legacy do I want to leave behind?

By thoughtfully answering these questions, you start to see patterns and recurring themes that point to your core values. The worksheet may also encourage you to prioritize these values, helping you focus on what truly matters when faced with competing demands.

Why Values Matter in Personal Development

Many people confuse values with goals, but they serve different purposes. Goals are specific targets you aim to achieve, like “get a promotion” or “run a marathon.” Values, on the other hand, are guiding principles such as “integrity,” “connection,” or “growth.” They act as a compass, steering your decisions and behaviors over time.

When you live in alignment with your values, life feels more fulfilling, even during challenges. The Russ Harris values worksheet helps you connect with these guiding principles, which can reduce feelings of emptiness or aimlessness. Instead of reacting impulsively or following societal expectations blindly, you make choices that reflect your authentic self.

Examples of Common Values Explored in the Worksheet

While everyone’s values are unique, the worksheet often highlights common themes, including:

- **Honesty**: Valuing truthfulness and transparency in interactions.
- **Compassion**: Prioritizing kindness and empathy towards others.
- **Courage**: Facing fears and challenges bravely.
- **Creativity**: Expressing oneself through artistic or innovative pursuits.
- **Connection**: Seeking meaningful relationships and community.
- **Learning**: Emphasizing personal growth and continuous education.
- **Health**: Taking care of physical and mental well-being.
- **Contribution**: Making a positive impact on others or society.

Recognizing these values helps you tailor your actions and goals accordingly, ensuring they align with your deeper sense of purpose.

Integrating the Russ Harris Values Worksheet into Your Life

Completing the worksheet is just the beginning. The real power lies in using it as a living document that guides your daily choices and long-term plans. Here are some strategies to integrate your clarified values into everyday life:

1. Use Values as Decision-Making Filters

Whenever you face a tough choice, ask yourself, “Which option aligns best with my identified values?” This approach helps you avoid decisions based on short-term comfort or external pressure, leading to more meaningful outcomes.

2. Set Value-Based Goals

Transform your values into actionable goals that motivate you. For example, if “connection” is a top value, you might set a goal to regularly schedule quality time with loved ones or join community groups.

3. Reflect Regularly

Values can evolve as you grow. Periodically revisit the worksheet to reassess and refine your values. Reflection ensures that your actions remain authentic and relevant to your current life circumstances.

4. Practice Mindfulness and Acceptance

Living according to your values doesn’t mean life will be free of difficulties. Russ Harris integrates mindfulness and acceptance practices in his work, encouraging you to experience unpleasant emotions without avoidance, while staying committed to your values.

Benefits of Using the Russ Harris Values Worksheet

Engaging with this worksheet offers a range of psychological and practical benefits:

- **Increased Self-Awareness**: Clarifying values deepens understanding of who you are beyond external roles and achievements.
- **Enhanced Motivation**: When goals are value-driven, motivation tends to be more sustainable and intrinsic.
- **Improved Emotional Resilience**: Committing to values can provide strength during difficult times by reinforcing what truly matters.
- **Better Relationships**: Knowing your values helps you communicate your needs and boundaries effectively.
- **Greater Life Satisfaction**: Aligning actions with values fosters a sense of authenticity and fulfillment.

Where to Find the Russ Harris Values Worksheet

You can find versions of the Russ Harris values worksheet in his books, particularly “The Happiness Trap” and “ACT Made Simple,” as well as on various mental health and ACT-focused websites. Many therapists also use this worksheet in counseling sessions to support clients in values clarification.

If you prefer, you can create your own tailored worksheet by listing key life domains (e.g., family, work, health) and writing down what you want each area to stand for, followed by prioritizing these values.

Tips for Maximizing the Impact of the Worksheet

To get the most out of the Russ Harris values worksheet, consider these tips:

- **Be Honest and Open**: Don't rush through the exercise. Take your time to reflect deeply without judgment.
- **Avoid "Should" Statements**: Focus on what feels genuinely important to you, rather than what you think you should value.
- **Involve a Trusted Person**: Sometimes discussing your values with a friend, coach, or therapist can provide new insights.
- **Pair Values Work with Action**: Values alone don't change behavior. Use them as a foundation to create small, consistent actions.
- **Celebrate Progress**: Acknowledge when you act in line with your values, reinforcing positive patterns.

Exploring your core values through the Russ Harris values worksheet is more than an intellectual exercise—it's a step toward living a life that feels meaningful and true to yourself. Whether you're navigating major life changes, seeking personal growth, or simply wanting to deepen self-understanding, this practical tool offers a compassionate, flexible approach to discovering what really matters.

Frequently Asked Questions

What is the purpose of Russ Harris's values worksheet?

Russ Harris's values worksheet is designed to help individuals clarify their core values and use them as a guide to make meaningful life choices and take committed actions.

How does Russ Harris define 'values' in his worksheet?

In his worksheet, Russ Harris defines values as chosen life directions that reflect what is truly important and meaningful to a person, rather than specific goals or outcomes.

What are some key steps involved in completing Russ Harris's values worksheet?

Key steps include identifying important life areas, brainstorming what matters most in each area, prioritizing these values, and reflecting on how well current behaviors align with them.

Can Russ Harris's values worksheet be used for therapy or personal development?

Yes, the worksheet is commonly used in Acceptance and Commitment Therapy (ACT) and personal development to help individuals gain clarity on their values and foster motivated, value-driven actions.

Is Russ Harris's values worksheet suitable for group activities?

Absolutely, it can be used in group settings such as workshops or therapy groups to facilitate discussions about values and promote shared understanding and personal growth.

Where can I find a free downloadable version of Russ Harris's values worksheet?

Free versions of Russ Harris's values worksheet are often available on his official website, mental health resources websites, or through ACT (Acceptance and Commitment Therapy) practitioner platforms.

How often should I revisit or update my values using Russ Harris's worksheet?

It is recommended to revisit and reflect on your values periodically, such as every few months or during major life transitions, to ensure your actions remain aligned with what matters most to you.

Additional Resources

Russ Harris Values Worksheet: A Deep Dive into Identifying Personal Values for Lasting Change

russ harris values worksheet has become a pivotal tool in the landscape of Acceptance and Commitment Therapy (ACT), designed to help individuals clarify their core personal values. Developed by Russ Harris, a prominent figure in ACT and author of the best-selling book "The Happiness Trap," this worksheet aids users in navigating their inner motivations and aligning their actions with what truly matters to them. As mental health professionals and self-help enthusiasts increasingly seek practical resources for values clarification, the Russ Harris values worksheet stands out as an accessible yet profound instrument.

Understanding the Russ Harris Values Worksheet

At its core, the Russ Harris values worksheet serves as a structured guide for users to explore and articulate their values across various life domains. Unlike goal-setting tools, which focus on specific achievements, this worksheet emphasizes the ongoing process of living in accordance with deeply held principles. Values, in this context, are considered compass points that provide direction and meaning, regardless of external circumstances.

The worksheet typically prompts individuals to reflect on areas such as relationships, work, personal growth, health, and recreation. By asking targeted questions and providing space for open-ended responses, it encourages introspection without imposing rigid categories. This approach aligns with ACT's broader goal of fostering psychological flexibility—the ability to stay present and committed to actions that serve one's values even amid challenges.

Key Features of the Russ Harris Values Worksheet

The effectiveness of the Russ Harris values worksheet stems from several distinctive features:

- **Structured Reflection:** The worksheet breaks down the abstract concept of values into manageable segments, prompting users to consider concrete examples and scenarios.
- **Personalization:** Rather than offering predefined value lists, it encourages individuals to generate their own values, enhancing authenticity and relevance.
- **Action-Oriented Prompts:** It often includes sections that ask how users might behave if they were living fully according to their stated values, bridging the gap between thought and action.
- **Flexibility:** The worksheet accommodates varying levels of self-awareness and readiness, making it suitable for both therapy settings and self-guided exploration.

These features collectively contribute to the worksheet's utility in diverse contexts, from clinical practice to personal development workshops.

Comparing Russ Harris Values Worksheet With Other Values Clarification Tools

In the broader realm of values clarification, numerous worksheets and exercises exist, each with varying complexity and theoretical underpinnings. When compared to other popular tools—such as the VIA Character Strengths survey or the Life Values Inventory—the Russ Harris values worksheet offers a more fluid, less categorical approach.

While tools like the VIA survey provide users with standardized metrics and rankings, Harris's worksheet prioritizes qualitative self-exploration. This can be advantageous for individuals who find quantitative measures restrictive or who seek to integrate their values into a therapeutic model emphasizing mindfulness and acceptance.

However, some critics argue that the open-ended nature of the worksheet may pose challenges for individuals who prefer clear-cut options or who struggle with abstract reflection. In such cases, supplemental guidance from a therapist or coach familiar with ACT principles can enhance its effectiveness.

Practical Applications in Therapy and Coaching

The Russ Harris values worksheet is widely used by therapists practicing ACT to facilitate meaningful conversations about what clients want their lives to stand for. It often serves as a foundational exercise early in therapy, helping to clarify treatment goals rooted in personal

significance.

Coaches also leverage the worksheet to assist clients in career planning, relationship counseling, and stress management. By identifying values, clients can prioritize actions that lead to greater satisfaction and resilience.

Moreover, the worksheet's emphasis on values as ongoing processes rather than fixed endpoints encourages clients to revisit and revise their reflections over time. This dynamic use supports sustained engagement and adaptability.

SEO Keywords and LSI Integration in Context

In discussions around the Russ Harris values worksheet, several related keywords and phrases naturally emerge, enhancing content discoverability and relevance. These include "Acceptance and Commitment Therapy values exercise," "personal values identification," "values clarification worksheet," and "ACT values work."

Integrating these terms within content ensures that readers searching for strategies to identify or live by their values can find comprehensive resources. For instance, "ACT values work" highlights the therapeutic context, whereas "personal values identification" appeals to a broader audience interested in self-improvement.

By embedding such LSI keywords seamlessly, the article maintains readability while optimizing for search engines.

Benefits and Limitations of Using the Worksheet

The Russ Harris values worksheet offers a range of benefits:

1. **Enhances Self-Awareness:** Encourages deep reflection on what matters most.
2. **Supports Behavioral Change:** Connects values with actionable steps.
3. **Flexible and Accessible:** Can be used independently or with professional guidance.
4. **Integrates with ACT Framework:** Complements mindfulness and acceptance strategies.

On the other hand, some limitations include:

- **Abstract Nature:** Some users may find it challenging to articulate values without examples.
- **Requires Commitment:** Benefits are maximized when users are willing to engage in ongoing reflection and action.

- **Possibility of Overwhelm:** Multiple life domains may feel overwhelming for certain individuals to assess in one sitting.

These considerations suggest that while the worksheet is a valuable tool, its impact depends on user readiness and context.

Integrating the Russ Harris Values Worksheet Into Daily Life

For those who have completed the Russ Harris values worksheet, the next step involves translating insights into daily living. This can be achieved through regular check-ins, journaling, or pairing the worksheet with mindfulness exercises.

One practical approach is setting small, value-driven goals that align with identified priorities. For example, if “connection” emerges as a core value, scheduling quality time with loved ones becomes a meaningful action step. Likewise, if “growth” is central, enrolling in a course or reading a book aligns behavior with values.

Professionals often recommend revisiting the worksheet periodically, as values may evolve with life experiences. This iterative process reinforces commitment and adaptability.

Digital Versions and Accessibility

With increasing demand for digital mental health resources, online adaptations of the Russ Harris values worksheet have surfaced. Interactive PDFs, mobile apps, and web-based platforms now offer users the convenience of completing the exercise remotely.

Digital formats often incorporate prompts, examples, and reminders, enhancing engagement. However, the lack of personalized feedback in self-guided formats can limit depth, underscoring the value of professional support when available.

The Russ Harris Approach Within the Broader ACT Context

Russ Harris’s development of the values worksheet aligns with his broader mission to demystify Acceptance and Commitment Therapy and make it accessible. His pragmatic style emphasizes experiential learning and everyday language, which is reflected in the worksheet’s design.

By focusing on values, the worksheet taps into one of ACT’s six core processes, reinforcing psychological flexibility and meaningful action. This integration helps users not only identify what matters but also navigate obstacles such as avoidance, rumination, or emotional distress.

In this way, the worksheet is more than a static tool—it is part of a dynamic therapeutic journey fostering well-being and resilience.

The Russ Harris values worksheet continues to be a trusted resource for individuals and professionals seeking clarity and direction. By facilitating structured yet personalized reflection on values, it bridges the gap between abstract ideals and concrete living. Whether used within therapy, coaching, or personal growth contexts, its emphasis on meaningful action resonates with the universal human quest for a fulfilling life.

Russ Harris Values Worksheet

russ harris values worksheet: ACT Made Simple Russ Harris, 2019-05-01 NOTE FROM THE PUBLISHER: Due to the recent illegal counterfeiting of this book, we cannot guarantee book quality when purchased through third-party sellers. Now fully-revised and updated, this second edition of ACT Made Simple includes new information and chapters on self-compassion, flexible perspective taking, working with trauma, and more. Why is it so hard to be happy? Why is life so difficult? Why do humans suffer so much? And what can we realistically do about it? No matter how rewarding your job, as a mental health professional, you may sometimes feel helpless in the face of these questions. You are also well aware of the challenges and frustrations that can present during therapy. If you're looking for ways to optimize your client sessions, consider joining the many thousands of therapists and life coaches worldwide who are learning acceptance and commitment therapy (ACT). With a focus on mindfulness, client values, and a commitment to change, ACT is proven-effective in treating depression, anxiety, stress, addictions, eating disorders, schizophrenia, borderline personality disorder (BPD), and myriad other psychological issues. It's also a revolutionary new way to view the human condition—packed full of exciting new tools, techniques, and strategies for promoting profound behavioral change. A practical primer, ideal for ACT newcomers and experienced ACT professionals alike, ACT Made Simple offers clear explanations of the six ACT processes and a set of real-world tips and solutions for rapidly and effectively implementing them in your practice. This book gives you everything you need to start using ACT with your clients for impressive results. Inside, you'll find: scripts, exercises, metaphors, and worksheets to use with your clients; a session-by-session guide to implementing ACT; transcripts from therapy sessions; guidance for creating your own therapeutic techniques and exercises; and practical tips to overcome "therapy roadblocks." This book aims to take the complex theory and practice of ACT and make it accessible and enjoyable for therapists and clients.

russ harris values worksheet: The Mindful and Effective Employee Paul E. Flaxman, Frank W. Bond, Fredrik Livheim, 2013-05-01 The Mindful and Effective Employee presents a powerful three-session acceptance and commitment therapy (ACT) program for reducing workplace stress and increasing employee effectiveness. Psychologists and human resource professionals will use this program to conduct employee training in workplace settings.

russ harris values worksheet: Biofeedback and Mindfulness in Everyday Life: Practical Solutions for Improving Your Health and Performance Inna Khazan, 2019-07-30 A mind-body approach to taking control of your physical and emotional health. Biofeedback is the process of training your body to control its involuntary actions, such as breathing and heart rate. Minor changes to these actions can significantly improve physical and emotional well-being. In Biofeedback and Mindfulness in Everyday Life, Harvard Medical School faculty member Inna Khazan pairs biofeedback techniques with mindfulness practice to address some of life's most common

ailments— from anxiety and fear to stress and insomnia. She begins with a description of basic physiological information, explaining concepts such as breathing and overbreathing. In Part Two she dives into the practice of mindfulness. And in Part Three she zeroes in on applying this mind-body approach to an array of common problems. Khazan's approach outlines simple solutions for readers who want to improve the way they respond to challenges. She guides them through increasing their resilience and emotional flexibility while empowering them to take back control of their overall health.

russ harris values worksheet: *Getting Unstuck in ACT* Russ Harris, 2013-07-01 In *Getting Unstuck in ACT*, psychotherapist and bestselling author of *ACT Made Simple*, Russ Harris, tackles common ACT obstacles faced by both therapists and their clients that can make them feel stuck. These obstacles include sending mixed messages on the part of the therapist, a lack of motivation on the clients' part, as well as confusion regarding the theoretical basis of ACT. This book is a must-have for any ACT therapist looking to streamline their therapeutic approach.

russ harris values worksheet: *The Trauma of Burnout* Dr. Claire Plumbly, 2025-01-14 Break the cycle of anxiety, trauma, and burnout with the help of this informative tool book, written by a professional trauma therapist and clinical psychologist. There is only one book on burnout that I will be recommending - this one. We need one in every office and every staff room around the world.—Dr. Julie Smith, bestselling author of *Why Has Nobody Told Me This Before* Our human nervous system has the power to cope with high stress, but not when it's been ground down by the relentless stimuli of today's world. Over time, these persistent demands leave us burnt out because our nervous system is stuck in survival mode, making it hard to make decisions, rest, solve problems, be mindful, and set boundaries. We slip into autopilot, making us prone to mistakes, and toxic behaviors that impact professional and personal relationships. *Trauma of Burnout* will help you avoid these vicious cycles by teaching you: -Why stress is different from burnout -How burnout stifles your ability to think clearly -Why you cannot 'think' your way out of it -Cultural beliefs and psychological patterns that cause burnout -How to soothe your nervous system back to full capacity using techniques and compassion. By the end of this book, you will have tools to thrive amidst the challenges of modern life through positive interactions and relationships.

russ harris values worksheet: *ACT Questions and Answers* Russ Harris, 2018-04-01 Acceptance and commitment therapy (ACT) is a highly effective, evidence-based treatment for a number of mental health issues—from depression to addiction. However, there are several challenges and frustrations that can arise when delivering ACT. Written by internationally acclaimed ACT expert Russ Harris, this book offers easy-to-read Q&A sessions to cover the most common ways clients and practitioners get stuck when using ACT, how to get unstuck, and how to transform that "stuckness" into powerful personal growth.

russ harris values worksheet: *The WOW Book* Carla LaBella, 2024-01-23 In her debut book, Carla LaBella invites you to explore the evolving field of positive psychology with her. She has mindfully contextualized this discussion, and written a book that is accessible and of interest to those both new to and familiar with this area of study. Part workbook, part scholarly review, she highlights WOW strategies that are linked to optimizing well-being, and shares evidence-based tips and tricks that will nudge you from knowing to doing. Get ready to explore your purpose, values, and strengths, through thought-provoking, self-reflective, and action-oriented exercises that will help you create a meaningFULL life worth living.

russ harris values worksheet: *Cutting Down* Lucy Taylor, Mima Simic, Ulrike Schmidt, 2022-07-21 *Cutting Down* provides a practical and accessible treatment programme based on Cognitive Behaviour Therapy (CBT) principles for young people who self-harm. This fully revised and updated second edition includes new techniques from 'third' wave CBT, Acceptance Commitment Therapy (ACT) and Dialectical Behaviour Therapy (DBT). This enriches the material and brings the concepts up to date. Another key addition to this new edition is the inclusion of strategies for young people who engage in suicidal behaviour. The manual is evidence based and focuses on a flexible and formulation driven model to direct treatment in around 15 sessions for young people and six

sessions for parents and caregivers. It provides a clear structure for each session and an easy-to-follow outline on how the therapist should deliver each session. The content of each session is supported by handouts and worksheets which can be used within sessions or as homework between sessions. Enhanced with online resources, the workbook will be useful for all professionals working with young people who self-harm across a wide range of settings from schools, primary care and voluntary sector, to community mental health services and inpatient units.

russ harris values worksheet: Intentional Catholic Family Julianne M. Will, 2023-09-01 Catholic families today are busy. And not just busy, but B.U.S.Y.! There's so much to be done. School, sports, shows, recitals, doctor appointments, grocery shopping, bills, jobs, Sunday Mass. All the things! Time to ponder and plan? Are you kidding?! Intentional Catholic Family is the resource your family has been searching for to help you get more intentional about your faith and reorient your family's life around what matters most. Beginning with a mission, vision, and goals, and providing a year's worth of Catholic education and practical inspiration, this book provides families of all shapes, sizes, and kinds with the relevant resources and the roadmap to go do it - to live out your faith according to the unique gifts God has given your family! Weekly exercises, easily completed around the dinner table on a Sunday evening, keep families on track and provide inspiration all year long. Not only does this book help families foster their Catholic identity, it assists parents and children in shaping a unique family identity. Intentional Catholic Family is #goals. This book is designed to meet families where they are and to support them in building the awareness, habits, and experiences that, over time, can change lives. This approach should engage every family member and offers the best kind of belonging - to be a loved and valued part of a family with a clear identity and necessary role in the world.

russ harris values worksheet: Acceptance and Commitment Therapy for Couples Avigail Lev, Matthew McKay, 2017-03-01 In Acceptance and Commitment Therapy for Couples, best-selling author Matthew McKay and psychologist Avigail Lev present the ten most common relationship schemas, and provide an evidence-based acceptance and commitment therapy (ACT) treatment protocol for professionals. With these powerful tools, therapists will be better able to help couples overcome the unhealthy coping behaviors and barriers that hold them back so they can move forward to create happier, healthier relationships.

russ harris values worksheet: Curriculum at Your Core Lauren Porosoff, 2014-10-08 Curriculum at Your Core is a practical guide to designing curriculum that meets standards, serves personal and institutional values, and intentionally leads to successful student learning. Identifying which understandings, knowledge, and skills are "most important" for students to learn is always a question of values, so getting clear on values gives teachers a starting place to design cohesive units, courses, and programs. Written by a teacher for teachers, Curriculum at Your Core includes stories, examples, and case studies from across grade levels and subjects, as well as exercises, protocols, and templates teachers can use when writing values-congruent curriculum. Some key features include: stories of failures and successes in designing curriculum metaphors from everyday life to help teachers understand curriculum design as a process rooted in values and culminating in meaningful learning examples of essential questions, assessment guidelines, lesson calendars, unit plans, and curriculum maps exercises and templates teachers can use to create and assess curriculum protocols designed to encourage inclusive participation and critical reflection when colleagues look at curriculum together

russ harris values worksheet: When Life Hits Hard Russ Harris, 2021-08-01 Practical skills grounded in acceptance and commitment therapy (ACT) to help you bounce back when life knocks you down. Whether it's the loss of a loved one or a job, the end of a relationship, a pandemic, or a natural disaster—nothing really prepares us for those moments when life hits hard and turns our world upside down. The good news is that you can move forward. There are tools you can use to find your way back from despair and live a fulfilling life. In this candid self-help guide, psychotherapist Russ Harris offers powerful and doable skills grounded in evidence-based ACT to help you recover from grief, loss, and crisis; transcend your pain and suffering; and build a rich and meaningful

life—even in the face of adversity. You'll also find tools to help you deal with painful memories, create your own healing "grief rituals," and transform difficult emotions into unexpected allies. Finally, you'll learn how mindfulness and self-compassion can help keep you grounded, even when it seems like your world is in free fall. If you're ready to start building the resilience needed to heal from loss or thrive in the face adversity, this guide will show you how to get there, one step at a time.

russ harris values worksheet: Beyond Difficult Rachel Samson, Jessie Stern, 2025-06-24 Do you sometimes dread work because you don't want to face more drama with your co-worker? Have you spent significant time and money on therapy trying to work on painful romantic relationships that ultimately became messy break-ups? Do you ever walk away from an unpleasant conversation wishing you had known how to handle it better in the moment? This book is for you. Australian clinical psychologist Rachel Samson and American attachment researcher Dr Jessie Stern have come together to bring you the ultimate guide to understanding the 'difficult' people in your life. Learn how to navigate your interactions with them with more confidence and compassion – and a lot less stress! Using the science of attachment and temperament, *Beyond Difficult* offers a new, relationship-focused approach to mastering the art of dealing with difficult people.

russ harris values worksheet: ACT with Love Russ Harris, 2023-06-01 Build more compassionate, accepting, and loving relationships with acceptance and commitment therapy (ACT). Let's face it: Picture-perfect storybook romances don't exist in real life. Couples fight. Feelings of love wax and wane through the years. And the stress and tedium of everyday life and work can often drive a wedge between even the most devoted couples. So, how can you reignite passion and intimacy in your relationship, cultivate greater understanding and compassion between yourself and your partner, and bring the joy back to your love life? In this fully revised and updated edition of *ACT with Love*, therapist and world-renowned ACT expert Russ Harris shows how developing psychological flexibility—the ability to be in the present moment with openness, awareness, and focus, and to take effective action in line with one's values—can help you and your partner strengthen and deepen your relationship. Also included is new information on attachment theory, powerful mindfulness and self-compassion techniques, and assertiveness and boundary-setting skills. *ACT with Love* will show you how to: Let go of conflict, open up, and live fully in the present Use mindfulness to increase intimacy, connection, and understanding Resolve painful conflicts and reconcile long-standing differences Act on your values to build a rich and meaningful relationship If you're looking to increase feelings of intimacy, love, and connection with your partner, this book has everything you need to get started—together.

russ harris values worksheet: Acceptance and Commitment Therapy for Borderline Personality Disorder Patricia E. Zurita Ona, 2020-12-01 Clients with borderline personality disorder (BPD) need compassionate and proven-effective care to help them manage emotions, improve interpersonal relationships, and move beyond negative beliefs about themselves. This book outlines a new treatment framework utilizing acceptance and commitment therapy (ACT) to help clinicians treat BPD and emotion dysregulation problems with a focus on values and forgiveness. With this guide, clinicians will learn to target the fundamental cause of BPD for better treatment outcomes and happier, healthier clients.

russ harris values worksheet: ACT for Adolescents Sheri L. Turrell, Mary Bell, 2016-05-01 Written by a clinical psychologist and social worker, *ACT for Adolescents* presents the first flexible, ten-week protocol based in acceptance and commitment therapy (ACT) to help adolescents overcome mental health hurdles and thrive. The powerful and effective step-by-step exercises in this book are tailored toward working with adolescents in individual settings, but also include modifications for group settings.

russ harris values worksheet: The Happiness Trap (Second Edition) Russ Harris, 2022-07-05 Free yourself from depression, anxiety, and insecurity, and instead build a rich and meaningful life with the updated and expanded edition of the world's best-selling guide to escaping the "happiness trap." Over 1 million copies sold! In *The Happiness Trap*, Dr. Russ Harris provides a means to

escape the epidemic of stress, anxiety, and depression, unlocking the secrets to a truly fulfilling life. Updated and expanded in its second edition, this empowering book presents the insights and techniques of Acceptance and Commitment Therapy (ACT), covering more topics and providing more practical tools than ever before. Learn how to clarify your values, develop self-compassion, and find true satisfaction with this bigger and better guide to: • Reducing stress and worry • Handling painful thoughts and feelings more effectively • Breaking self-defeating habits • Overcoming insecurity and self-doubt • Building better relationships • Improving performance and finding fulfillment at work The Happiness Trap is for everyone. Whether you're lacking confidence, facing illness, coping with loss, working in a high-stress job, or suffering from anxiety or depression, this book will show you how to build authentic happiness, from the inside out.

russ harris values worksheet: The ACT Matrix Kevin L. Polk, Benjamin Schoendorff, 2014-03-01 Edited by clinical psychologists and popular ACT workshop leaders Kevin Polk and Benjamin Schoendorff, The ACT Matrix fuses the six core principles of acceptance and commitment therapy (ACT) into a simplified, easy-to-apply approach. This essential book shows professionals and general readers how this approach can be used to treat a variety of disorders—such as anxiety, depression, substance abuse, trauma, and eating disorders—in a variety of settings and contexts. Professionals will also learn how to work more effectively with difficult clients and increase clients' psychological flexibility. A must-have for ACT practitioners looking to streamline their therapeutic approach.

russ harris values worksheet: Christ-Centered Therapy Harold G Koenig, Russ Harris, 2014-01-02 Help your clients gain access to the transformative grace of God through Christ! All too often, psychology and spirituality are kept in separate boxes, lessening the power of each to work effective changes. Christ-Centered Therapy: Empowering the Self brings together Christian faith with the Internal Family System (IFS) model. This widely accepted paradigm facilitates psychological healing by showing how the self can become the change agent for the dysfunctional internal system. Christ-centered IFS (CCIFS) combines the power of internal system therapy with the healing power of God for lasting change. Therapists with Christian clients, faith-based clients, or clients who need foundational grounding will benefit from the psychological and spiritual dimensions of Christ-Centered Therapy: Empowering the Self. This powerful therapeutic model posits a self surrounded by subpersonalities who carry anger, fear, distrust, and other negative responses. When the client's self takes the leadership role, the self becomes the channel for Christ's grace for all the subpersonalities. One by one they become empowered, center around self and God, and contribute their resources to the functioning of the whole personality. Christ-Centered Therapy: Empowering the Self provides exercises and visual aids to help both client and counselor, including: four tools to teach the self to lead effectively worksheets to serve as a structural and visual guide to understanding, developing, and using each tool a parts map for client and counselor to use collaboratively cartoons, structural diagrams, and dialogues to illustrate new concepts and procedures Each chapter of Christ-Centered Therapy: Empowering the Self provides specific help for the counselor, including: case studies showing step-by-step clinical interventions a content summary a clinical outline listing the interventions in sequence an exercise to help counselors discover their own inner and spiritual dynamics Christ-Centered Therapy: Empowering the Self brings together the diagnostic and restorative power of IFS with the transforming power of Christian spirituality. It is essential for Christian counselors and for non-Christian counselors who are seeking more effective ways to treat Christian clients.

russ harris values worksheet: Trauma-Focused ACT Russ Harris, 2021-12-01 "Trauma-Focused ACT is going to go down as one of the great contributions to the field of trauma-informed care." —Kirk Strosahl PhD, cofounder of ACT Trauma-Focused ACT (TFACT) provides a flexible, comprehensive model for treating the entire spectrum of trauma-related issues, including post-traumatic stress disorder (PTSD), addiction, depression, anxiety disorders, moral injury, chronic pain, shame, suicidality, insomnia, complicated grief, attachment issues, sexual problems, and more. Written by internationally acclaimed ACT trainer, Russ Harris, this textbook is

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