

Acceptance and Commitment Therapy Tombstone Exercise

This exercise is about exploring what you want your life to stand for.

In the left tombstone, write down some things that you want to control or avoid. For example, you could write “here lies Sally, she was never embarrassed” or “here lies Fred, he always did everything in the right order.”

In the right tombstone, write down some things that are about what is truly important to you. For example, you could write, “here lies Enrique, he spent a lot of time listening to his favorite music” or “here lies Chaquita, she stayed true to her passions.”

Reflect on both. Which would you prefer your tombstone to say?

Here lies

She/He

Here lies

She/He
