

MindFlex³⁶⁵

Values-Guided Action

To enhance your relationship, write about little things you could do—simple, easy, values-guided actions. The following are a few ideas to get you started. Although we're focusing on connecting, caring, and contributing, there might be other important behaviors you want to keep doing in a relationship. You may add other things or choose different ones to work on.

Words: What could you say to the person that shows you care? How about “I love you,” “I’m here for you,” “Let me know how I can support you,” or “I appreciate having you in my life”? Even simple phrases such as “Thank you,” “I’m sorry,” or “Please forgive me” can go a long way when said genuinely. Besides spoken words, consider text messages, cards, or emails.

Gestures: What could you do to contribute to the person’s well-being? Perhaps you cook dinner, fix the car, organize a night out, help the person with their chores, or give a small gift, such as flowers.

Physicalness: What could you do to connect deeper with the person? You might hug, kiss, hold hands, stroke their hair, give a back rub, or sit together on the couch, for example.

References

Gallo, F. J. (2016). *A practitioner's guide to using the acceptance and commitment therapy matrix model*. Frank J. Gallo.

Harris, R. (2009). *ACT with love*. Oakland, CA: New Harbinger.

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