

ACT (Acceptance and Commitment Therapy)

- Fusion with your thoughts
- Evaluation of experience
- Avoidance of your experience
- Reason-giving for your behavior

And the healthy alternative is to **ACT**:

- Accept your reactions and be present
- Choose a valued direction
- Take action

Core principles

ACT commonly employs six core principles to help clients develop psychological flexibility:

- 1 Cognitive defusion: Learning methods to reduce the tendency to reify thoughts, images, emotions, and memories.
- 2 Acceptance: Allowing thoughts to come and go without struggling with them.
- 3 Contact with the present moment: Awareness of the here and now, experienced with openness, interest, and receptiveness.
- 4 Observing the self: Accessing a transcendent sense of self, a continuity of consciousness which is unchanging.
- 5 Values: Discovering what is most important to oneself.
6. Committed action: Setting goals according to values and carrying them out responsibly.