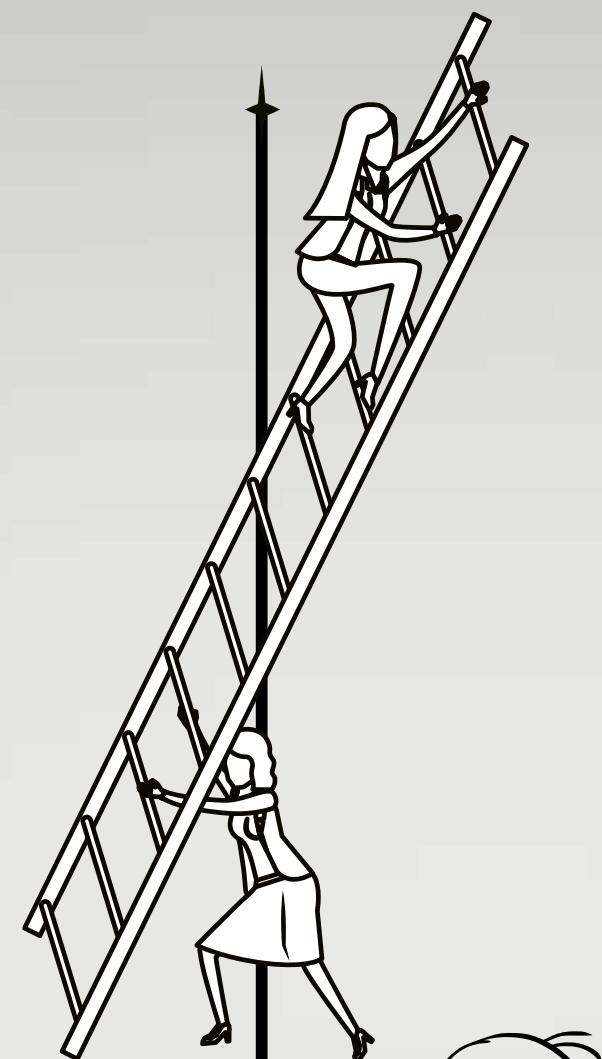


Act Matrix

Meaningful activities
& different behaviours



skills (defusion, metaphors)

acceptance

self-compassion
self-care



Move toward moves:
actions toward what matters

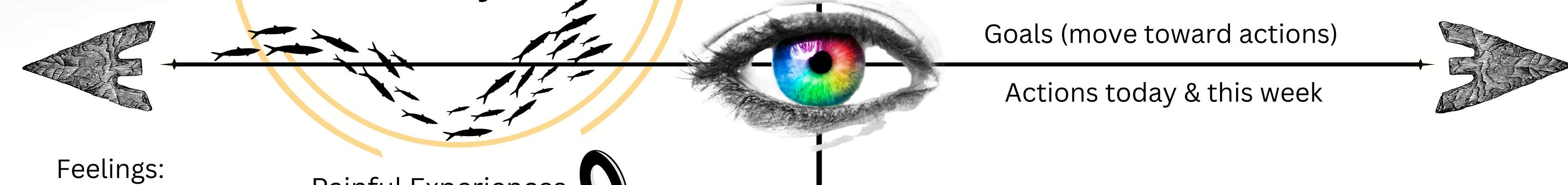
Goals (move toward actions)

Actions today & this week

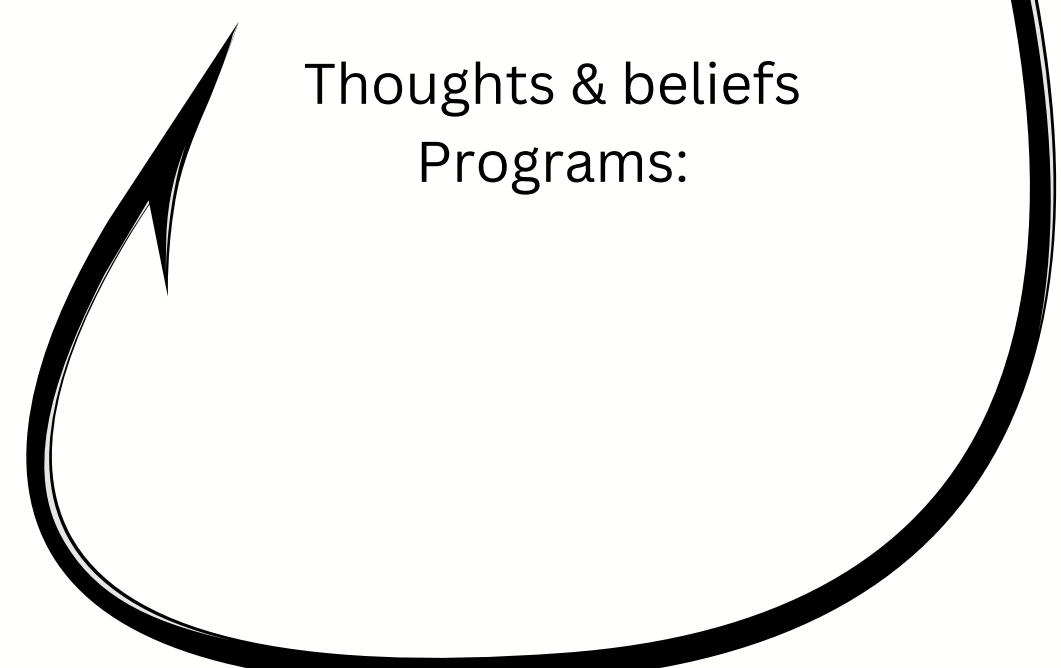


Feelings:

Painful Experiences

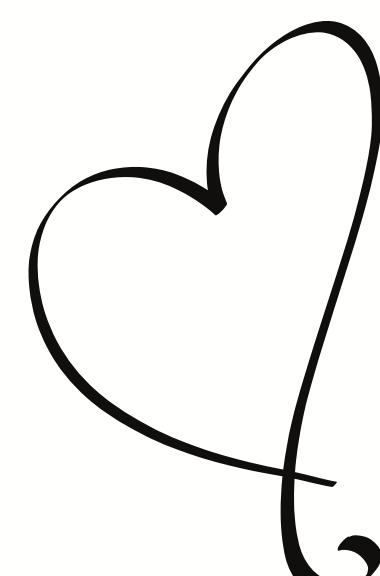


Thoughts & beliefs
Programs:



Values: What is most important
What makes life meaningful & what matters?

What kind of person do I want to be?
What do I want my life to be about?



Hooks: painful inner experiences that
activate fight, flee or freeze (ruminate)

