

Acceptance and Commitment Therapy (ACT) Matrix

Name: _____ Date: _____

Age: _____ Gender: _____

The ACT Matrix is a diagram that can cue psychological flexibility. Recognizing the difference between five-senses and mental experience, and noticing the difference between moving toward who or what is important and moving away from unwanted inner experience are key to psychological flexibility and meaningful living.

Five-senses experiencing

Note how you either move away from or act under the influence of the items in the lower left.

Write at least one action you could be seen taking to move toward the who or what.

Away

Toward



Uncomfortable thoughts and feelings

Who or what is important?

Inner/ Mental experiencing

Polk, K. L., Schoendorff, B., Webster, M., & Olaz, F. O. (2016). *The essential guide to the ACT matrix*. New Harbinger Publications.