



CHECKLIST: ACT Summary



ACCEPTANCE AND COMMITMENT THERAPY

WHAT IS Acceptance and Commitment Therapy (ACT)

ACT is an acronym for a psychological therapeutic approach called Acceptance and Commitment Therapy.

Acceptance is the core foundation of the ACT approach, along with a commitment to take practical steps to make behavioral changes.

6 CORE PRINCIPLES OF ACT

ACT includes the concept of 6 core principles to its foundation. These principles help provide a framework for people to use when they attempt to resolve the problems within their own lives.

By using these core principles, we can develop a mindful and action-orientated approach that focuses on embracing our negative and positive experiences and using our values to improve our wellbeing.

1. Contact with the present moment - being consciously present with your experience, thoughts, and emotions in the current moment.

2. Defusion - detaching from negative thoughts to let them come in and out from our experience. Defusion does not mean avoidance.

3. Acceptance - allowing suffering to be felt and experienced. Resisting the struggle of trying to avoid negative experiences and instead allowing them the space to exist.

4. Observing the self - developing awareness and attention as we step outside of our experiences and observe the different moving parts of our experiences.

5. Values - understanding what matters to us in the overall picture of our lives. These values can help guide our choices.

6. Committed action - using our values to develop an action plan to help guide our choices.