Session Handout – ACT Matrix

Behaviours

What do we find important? Who do we find important? What are our values?

E.g. Friendship / Health / Work

What are our internal experiences?

E.g. Fear / Anxiety / Stress / Anger

AWAY MOVES

TOWARDS MOVES

Mental Experiencing / In our head

5 Senses Experience

Taste/Touch/Sight/Hear/Smell