

# Acceptance and Commitment Therapy (ACT)

## Summary of Act's Six Core Processes

### Acceptance

Embracing thoughts and emotions without resistance to move toward personal values

### Cognitive Defusion

Creating distance from thoughts to recognize them as mental events, not absolute truths

### Being Present

Engaging fully in the present moment rather than dwelling on the past or future

### Self-as-Context

Seeing oneself beyond thoughts and emotions, fostering an observing self

### Values

Identifying guiding principles that shape meaningful, purpose-driven actions

### Committed Action

Taking value-driven steps despite discomfort to build a fulfilling life

# Acceptance And Commitment Therapy Measures Package

**Yan Bai**



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