

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

M Woodhall



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