ACT MATRIX

USE THE FOUR QUADRANTS TO EXPLORE YOUR VALUES, THOUGHTS AND ACTIONS, HELPING YOU SEE WHAT SHOULD BE PRIORITISED IN YOUR LIFE.

VALUES

Compassion,
Patience,
Presence

COMMITTED ACTIONS

Take breaks,
Practice self-care,
Seek support

TOWARDS

Being a loving caregiver, Reducing my own stress

BARRIERS/ TAKES AWAY

Self-judgment, Guilt, Feeling overwhelmed





ACT

USE THE FOUR QUADRANTS TO EXPLORE YOUR VALUES, THOUGHTS AND ACTIONS, HELPING YOU SEE WHAT SHOULD BE PRIORITISED IN YOUR LIFE.

VALUES

COMMITTED ACTIONS

TOWARDS

BARRIERS/ TAKES AWAY



