**Acceptance and Commitment Therapy (ACT)**

****ACT is a set of skills and strategies, a way

of thinking about ourselves, the world and

our problems, which helps us to live a better

life.

ACT helps us to work out what is truly

important and meaningful in our lives –

our values – and to find ways to live out

our values in small ways every day.

ACT teaches us ways to relate to difficult

thoughts and feelings differently, so they

have much less influence over our lives.

Key Components of ACT:

***A Accept your feelings and thoughts, and be present***

Through mindfulness practice, we develop insights and expand our awareness of our uncomfortable thoughts and feelings. We find ways to let them be there rather than trying to avoid or control them.

**C *Choose wise actions in line with your values***

We identify what it is that truly gives your life richness and meaning, exploring “choice points” where we can take actions which align with out “best selves” or take us away from our values

**T *Take committed action***

We find ways to do the things that bring your life meaning and richness every day

*Change the things you can change*

*Accept the things you can’t change*

*Practice being fully present so you gradually learn to know the difference*

We learn to explore our emotional experiences from a place of curiosity, compassion, and acceptance.

We trust that painful feelings are a part of living a rich, fulfilling grand life.

We understand that the illusion of control – over ourselves, our lives, the world, and the future – can cause internal “struggles” which help us to feel better in the short term but compound problems over the long term.

We understand that when it comes to your thoughts and feelings, even if they are uncomfortable and unpleasant…

***It’s OK if they come***

***It’s OK if they stay, and***

***It’s OK if they go***