

A Brief Intro to the ACT Matrix



The ACT Matrix is a diagram with two lines.

The vertical line represents our experiences.

We experience the outside, physical world with our five senses.

We also have experiences that show up on the inside (our minds), such as thoughts, feelings, memories, and urges.

The horizontal line represents the direction of our behaviors.

Behaviors can move us toward who or what's important to us or away from uncomfortable inner experiences (like fear, anger, worry, and sadness).

Mapping these experiences onto the ACT Matrix lead to more noticing and psychological flexibility

Outside - 5 Senses - Present Moment

3. What do you do to move away from, or find relief, from the unwanted things (like running from fear)?

4. What do you do, or what could you do, to move towards who or what is important to you?

5. Do you think you might have the opportunity to notice these things?

away

toward

2. What hard, uncomfortable, unwanted thoughts, feelings, or sensations (like fear) come up throughout your day?

1. Who and what is important to you?

Inside - Mind - Private Events

Step by Step Guide to Using the ACT Matrix

1. Ask if it's ok to show the point of view or process.
2. Draw the ACT Matrix
3. Ask, "Who is important to you," and, "What is important to you?"
4. Write down what the person says.
5. Ask, "What hard, uncomfortable, or unwanted thoughts, feelings, sensations (like fear), come up throughout your day?"
6. Write down what the person says.
7. Ask, "What do you do to move away from, or find relief from unwanted things (like running away from fear)?"
8. Write down what the person says.
9. Ask, "What do you do, or what could you do, to move towards who or what is important to you?"
10. Write down what the person says.
11. Ask, "Do you think you might have the opportunity to notice these things as they come up?"

The ACT Matrix

