

SIX CORE PRINCIPLES OF A.C.T.

Acceptance and Commitment Therapy (ACT) is a unique empirically based psychological intervention that uses acceptance and mindfulness strategies, together with commitment and behavior change strategies, to increase psychological flexibility.

Here are the six core principles:

1. DEFUSION

Recognizing thoughts, images, and memories for what they are, just words and pictures, and allowing them to come and go as they please, without fighting them, running from them or giving them more attention than they deserve.

2. EXPANSION

Making room for feelings, sensations, and urges and allowing them to come and go as they please, without fighting them, running from them, or giving them undue attention.

3. CONNECTION

Bringing full awareness to you're here-and-now experience with openness, interest, and receptiveness: focusing on and engaging fully in whatever you are doing.

4. OBSERVING SELF

A transcendent part of you: a perspective from which to observe difficult thoughts and feeling, without being hurt by them. The one part of you which is unchanging, everpresent, and impervious to harm. It has no physical properties. It is "pure awareness".

5. VALUES

Clarifying what is most important in you heart: what sort of person you want to be, what is significant and meaningful to you, what you want to stand for in this life.

6. COMMITTED ACTION

Taking affective action in line with you values,(again and again, no matter how many time you go off track.

These six basic principles are neatly summarized in the basic ACT formula:

A= Accept your thoughts and feelings and be present

C= Connect with you values.

T=Take effective action.