## ACT Model

**Goals and Values**
*The what, how and why – to be satisfied, enriched and fulfilled*

**Acceptance / Commitment**
*Be present, open up, do what is helpful or workable*

**Trigger / Situation**
*Negative actions, events, thoughts, urges, images, feelings*

**Costs / Benefits**

| Short Term | Long Term |
| --- | --- |
| | |

## Choice / Response

**Control / Avoidance**
*Suppress, worry, avoid, punish, escape, ruminate, self-criticise*

**The Problem**
*Unwanted / unhelpful thoughts, feelings and behaviours*