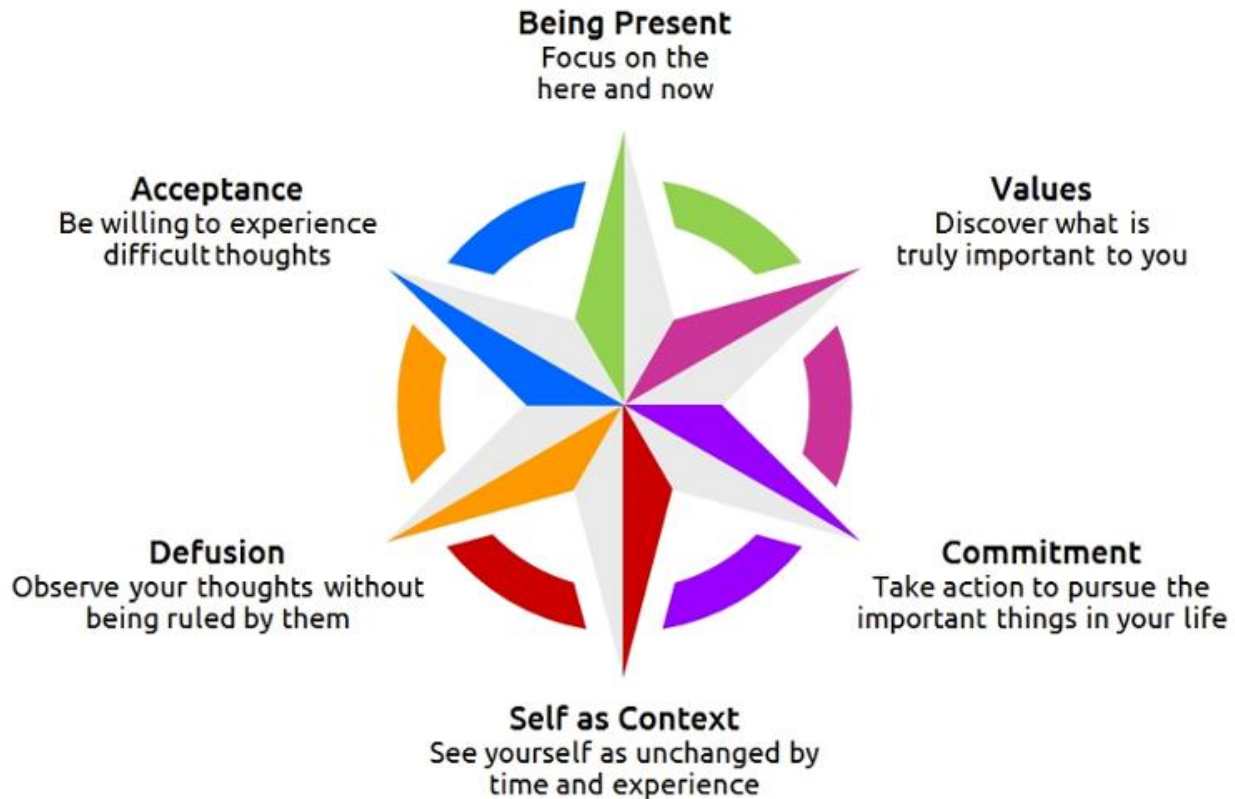


Acceptance & Commitment Therapy (ACT)

Increasing Psychological Flexibility



Avoidance —————> Acceptance

Cognitive Fusion —————> Cognitive defusion

Worry/Anxiety —————> Contact with present moment

Attachment to conceptualized self —————> Self as context

Absent/confused values —————> Clear values

Inactivity/avoidance/impulsivity —————> Committed action