

Core A.C.T. Skills

Acceptance and Commitment Therapy (ACT) is a form of psychotherapy that focuses on helping individuals develop psychological flexibility by accepting their thoughts and emotions while committing to actions aligned with their values. Below are some key concepts and techniques used in ACT:

- 1. Acceptance:** ACT emphasizes the importance of accepting the full range of human experiences, including difficult thoughts, emotions, and sensations, rather than trying to avoid or suppress them. Acceptance involves allowing these experiences to be present without judgment or attachment.
- 2. Defusion:** Defusion techniques aim to help individuals distance themselves from their thoughts and see them as just thoughts, rather than as literal truths or commands. Techniques such as verbal repetition, playful language, or visualizations are used to help individuals create psychological distance from their thoughts.
- 3. Cognitive Defusion:** Cognitive defusion techniques specifically target unhelpful or distressing thoughts. The goal is to reduce the impact of these thoughts by seeing them as passing mental events rather than absolute truths. Techniques may involve repeating the thought with a playful tone or imagining the thought written on a cloud floating away.
- 4. Mindfulness:** Mindfulness exercises are used in ACT to help individuals become more aware of the present moment and their experiences without judgment. Mindfulness techniques may include observing thoughts and emotions, body scans, or mindful breathing exercises.
- 5. Values Clarification:** ACT emphasizes the importance of clarifying and connecting to one's values – the things that matter most in life. Values clarification exercises help individuals identify and prioritize their values, allowing them to make choices and take action aligned with those values.
- 6. Committed Action:** ACT emphasizes the importance of taking action that is consistent with one's values, even in the presence of difficult thoughts, emotions, or obstacles. Committed action involves setting goals and engaging in behaviors that align with one's values, even if it involves discomfort or uncertainty.
- 7. Self-as-Context:** ACT recognizes that individuals have a sense of self that is separate from their thoughts, emotions, and experiences. This concept helps individuals develop a more flexible and transcendent perspective, allowing them to observe their experiences without getting caught up in them.
- 8. Contact with the Present Moment:** ACT encourages individuals to engage fully in the present moment and to be fully present in their experiences. By focusing on the here and now, individuals can cultivate a greater sense of presence and connection.
- 9. Expansion and Acceptance of Experience:** ACT encourages individuals to expand their tolerance for uncomfortable or distressing experiences, rather than trying to avoid or control them. This expansion allows individuals to engage fully in life, even in the presence of discomfort.

Act Practice Ideas

Huangqi Zhang

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