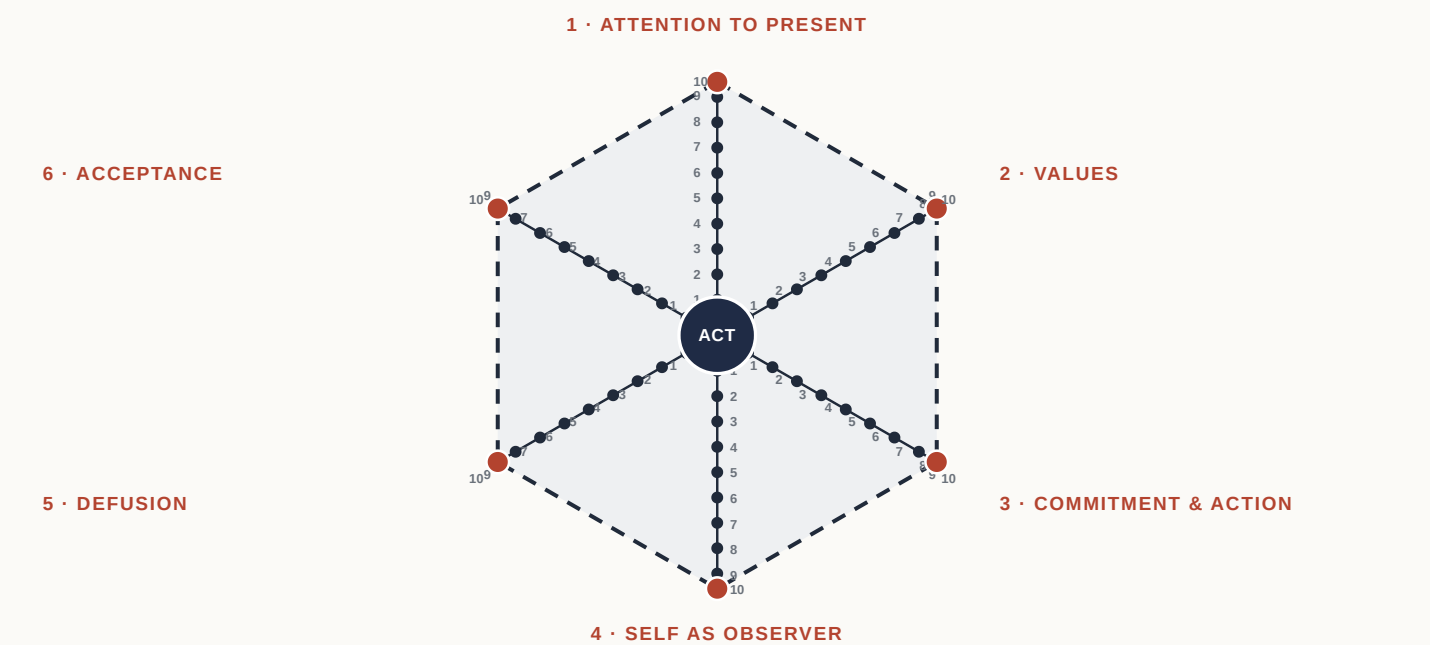


# ACT Advisor

Rate yourself from 1 to 10 on each of the six scales — 1 is the inner statement, 10 the outer — mark the point on each axis, then join the points. The shape shows where flexibility is strong and where the work is.

Use this as a reflection and conversation tool, not a validated diagnostic scale, total score, or measure of treatment response. Choose one recent context, notice patterns across connected spokes, and treat lower marks as areas to explore rather than fixed deficits. Do not add scores or interpret the size or area of the shape.



| DATE                                    | RECENT CONTEXT                                                                                             | WHAT MATTERS HERE                                                                                              | ONE SMALL NEXT STEP |
|-----------------------------------------|------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|---------------------|
|                                         |                                                                                                            |                                                                                                                |                     |
| SCALE                                   | 1 = INNER STATEMENT                                                                                        | 10 = OUTER STATEMENT                                                                                           |                     |
| 1 Attention to Present                  | 1 I spend much of my time lost in thoughts about the past or future — my attention is not under my control | 10 I flexibly, voluntarily, and purposefully pay attention to what is happening in the present moment          |                     |
| 2 Values                                | 1 I don't know what I want from life                                                                       | 10 I am clear about what I choose to value in life                                                             |                     |
| 3 Commitment & Action                   | 1 I don't manage to act on the things I care about                                                         | 10 I identify the actions I need to take to put my values into practice, and I see them through                |                     |
| 4 Self as Observer<br>(self-as-context) | 1 The person I call me is my thoughts and feelings about my self                                           | 10 The person I call me knows what I'm thinking and feeling, but is distinct from and contains these processes |                     |
| 5 Defusion                              | 1 My thoughts tell me exactly how things are and what I need to do                                         | 10 I see each of my thoughts as just one of many ways to view things — what I do next is up to me              |                     |
| 6 Acceptance                            | 1 I constantly struggle with my thoughts and feelings                                                      | 10 I willingly accept my thoughts and feelings even when I don't like them                                     |                     |

Values are chosen directions, not goals, milestones, or someone else's expectations. The spokes influence one another; notice a pattern rather than isolated "deficits."

Acceptance is not approval, passivity, or unsafe endurance. It means making room for internal experiences while still responding to facts, context, and safety with practical, values-consistent action.