

What is Acceptance and Commitment Therapy (ACT)?

Acceptance and commitment therapy (ACT) is an evidence-based psychological therapy that recognizes how struggling with painful thoughts and feelings can lead to distress. It emphasizes that while difficult internal experiences are often outside our control, we can choose how we respond to them. ACT helps people make room for discomfort and focus on what matters most, leading to a meaningful, values-based life.

What are the essentials of ACT?

Difficult emotions are a normal part of life



ACT helps you become more open to difficult thoughts and feelings. Instead of trying to avoid or fight them, you learn to allow them to be there, so they have less power over what you do.

You are not your thoughts



Being aware means noticing your thoughts, feelings, and surroundings in the present moment. ACT helps you step back from your thoughts and observe them, rather than getting caught up in them.

You can choose to do what matters



ACT encourages you to take active steps toward what matters most to you. Even when things feel hard, you can choose actions that reflect your values and build a meaningful life.

What will I do in ACT?

Make space



You'll practice allowing thoughts and feelings to be there, rather than avoiding or fighting them. This helps reduce their grip and gives you more choice in how you respond.

Step back from thoughts



You'll learn simple techniques to notice your thoughts without getting pulled in by them. This helps you see thoughts as just thoughts - not facts or instructions.

Stay present



You will learn grounding and mindfulness strategies to bring your attention into the here and now, helping you feel less caught up in your mind.

Notice the bigger picture



You'll discover how to see yourself from a wider perspective - someone who can observe their thoughts and feelings, rather than defined by them.

Clarify what matters



You'll explore what truly matters to you - your values - and use them to guide the direction you want your life to take.

Take meaningful steps



You'll set small, manageable goals that reflect your values. These actions will help you build a richer, more fulfilling life, even during difficult times.

What can I expect from my ACT therapist?

Your ACT therapist will be:

Attentive

Collaborative

Compassionate

Creative

Curious

Focused on your values

Insightful