ACT With Choice

Think CBT
Psychotherapy, Counselling & Coaching

Choice Point

Distressing Feelings

This includes upsetting feelings, sensations and reactions to the situation or trigger. E.g. anxiety, anger, depression, irritability, frustration, jealousy, physical tension, pain.

Triggers

This can include external situations, activities and events, as well as internal sensations, intrusive thoughts, impulses, images or memories.

The Problem

This is the underlying issue, root cause, process or label for the difficulty experienced. E.g. panic disorder, depression, OCD, low self-esteem.

Away from the Problem
(Internal / External Strategies)

This involves the psychological and behavioural struggles that we engage in to stop or avoid the distress. It includes worry and repetitive negative thinking, rumination, resistance, avoidance, withdrawal, distraction, suppression and control.

Whilst these approaches can provide some short-term relief from distressing symptoms, they often fail in the longer-term and reinforce the underlying problem.

Is this helpful, workable and sustainable?

Towards Values & Goals
(Internal / External Strategies)

This involves two approaches. Firstly, a willingness to acknowledge, experience, tolerate or accept internal thoughts and feelings without resistance or judgement. Secondly, a commitment to act according to personal values and goals.

It involves making space for and normalising internal negative thoughts, feelings and sensations, in the service of personal values and committed action.

Is this helpful, workable and sustainable?

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