

The ACT Matrix

florintodoran.ro

A tool for clarifying your values and behaviors

Fill in each quadrant thinking about a recent situation or a current challenge. There are no right or wrong answers - the goal is to notice your own patterns.

OBSERVABLE (5 SENSES)

Avoidance behaviors

Actions toward values

AWAY FROM VALUES

TOWARD VALUES

ME, HERE
in this moment

INNER EXPERIENCE (THOUGHTS, FEELINGS, SENSATIONS)

One small, concrete step toward my values this week: