

Acceptance and Commitment Therapy (ACT)

What is ACT?

This therapy is developed from cognitive-behavioural therapy, which combines acceptance and mindfulness to help reduce how fear and avoidance influence anxiety. The essence of ACT focuses on three questions/ideas:

- What is it that matters to you in life? (Values)
- What do you want to do in life? (Behaviour)
- What's getting in the way of you doing that? (unhelpful thoughts & emotions)

ACT focuses on acceptance rather than avoidance to increase our willingness to experience our fears and anxiety-inducing situations and acknowledge reality.



The
BRO
Program

Features of ACT



The primary aim of ACT is to live a self-defined, valued life regardless of symptoms. This means that having a diagnosis isn't essential, and we can have any combination of symptoms, and this therapy would still help us.

ACT does not aim to reduce symptoms. Instead, it focuses on your thoughts and emotions and changes how you act on them, enabling you to live how you want to live based on your values and beliefs.

Is ACT right for me?

ACT has been shown to be more effective than other options, such as CBT, especially if we're experiencing multiple symptoms that may not all fit into an anxiety diagnosis.

ACT moved away from changing or correcting your thoughts and focused on transforming our relationship with them to feel psychologically free from unhelpful thoughts, feelings, and patterns and live a more enjoyable life.

