

# Acceptance & Commitment Therapy (ACT) Matrix



Outside World

**2.** What actions do I take to move away from what hurts inside?

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**4.** What actions do I (or could I) take to move toward what matters to me?

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Away ←

→ Towards

**1.** What hurts inside?

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**3.** Who and what matters to me?

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Inside World



Transitional  
PAIN SERVICE

Working together to relieve pain

[www.transitionalpainservice.ca](http://www.transitionalpainservice.ca)