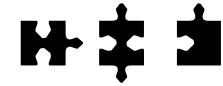


My values and I.



THE ACT Matrix
By Kevin Polk & Jerold Hambrigh

Instructions:

Bringing to light the internal struggles that arise in the process of achieving change is a crucial element in fully understanding the situation and developing an effective strategy for overcoming obstacles. The ACT Matrix is a self-inquiry tool that enables you to systematically explore your inner and outer world and identify behaviors that move you closer to or further away from your goals. It consists of two perpendicular lines that form four quadrants in which the right side of the vertical line corresponds to the things you want to move towards, and the left side corresponds to the things you want to move away from the desired result. The lower part of the horizontal line represents the inner or private experience and the upper part represents the outer or public experience that someone might observe.

Quadrant I: In this quadrant write the desired state, value or experience.
For example, a solitary person may decide to connect with other people and participate in social activities.

Quadrant II: Here you explore the unwanted inner experience or obstacles to achieving the goal, including thoughts, emotions, feelings, beliefs and memories, feelings, beliefs, and memories. In the example above, the person might realize that they feel anxious and uncomfortable meeting new people. When connecting with the body, thoughts of wanting to stay at home and unpleasant memories of the past may arise; simultaneously, tension may build up in the chest and throat.

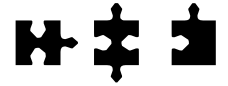
Quadrant III: In this space of the matrix, write the outer experience that arises from the unwanted inner experience. The person can recognize the vicious circles that support the unfavorable situation. For example, a young person who wants to overcome loneliness might decide not to engage in social activities and immerse themselves in solitary activities such as reading or watching television. They may feel uncomfortable in social situations and unable to maintain friendships. A vicious circle arises when the lonely individual avoids social interactions because they lack social skills and this increases loneliness.

Quadrant IV: This quadrant is about taking small actions for the person to achieve the desired state. The person described above may decide to buy a self-help book to improve social skills, talk to strangers whenever possible, and call a friend or family member once a week. Perhaps this person will decide to take more important steps, such as going to therapy to work on social anxiety.

Finally, the fulfillment of values and goals requires focus and monitoring of results to adjust the strategy until the desired results are achieved, which may require a few rounds of analysis with the ACT Matrix. This exploration often uncovers challenges that were not evident before. As a result, an upward spiral of growth emerges that accelerates personal evolution. As a detective on the lookout for relevant clues for an investigation, we invite you to sharpen your self-observation and curiosity about yourself.

This way you can become more aware of afflictive thoughts, emotions, sensations, and memories that arise. Posting this in writing on the ACT matrix helps to clear the mind to make room for more meaningful reflections! The use of this tool is one of the most important skills for inner awareness as it helps to overcome common self-sabotage patterns that arise when trying to make changes and stop progress.
and stop progress.

My values and I.



QUADRANT III:

Write down how you respond to the unwanted internal experience (behaviors as a result of quadrant II) of quadrant II).

External Experience (Public)

What others can see, hear, taste and smell.

QUADRANT IV:

Write down small actions you can take to move towards the new experience of quadrant I.

Away

Toward

QUADRANT II:

Writing down unwanted inner experience or inner obstacles (thoughts, emotions and memories).

Internal Experience (Private)

Only we can see these thoughts, emotions and motivations.

QUADRANT I:

What is the value you want to cultivate?
What is important to you?

