ACT Matrix Worksheet

Ask the following questions and answer as stated

- Who is important to you? (write down in lower right portion of the matrix)
- Which feelings do you think come in the way of your loved ones and what is important to you? (write down the lower-left portion of the matrix)
- What negative actions do you take in response? (write it down on the upper left portion of the matrix)
- What else can you do positively in response? (write in the upper right portion)

This process will allow the individual to realize what actions and hurdles are coming in their way that is taking him away from the values and happy life and on the right side of the matrix is the options and things that are important for an individual.