

ACT Matrix Worksheet

Sort experience into noticed-with-the-mind vs. noticed-with-the-senses, then into away moves vs. toward moves.

1. Fill the four quadrants

NOTICED WITH THE MIND

AWAY MOVES

TO
WA
RD
MO
VE
S

Thoughts, feelings, memories, urges that show up moving away	Who and what matters: people, roles, qualities worth moving toward
Behavior a witness could see: avoiding, numbing, checking out, control	Behavior a witness could see: one small step toward what matters

NOTICED WITH THE 5 SENSES

One phrase the client used that belongs in the top-left quadrant

Toward Moves and Willingness

Move from naming what matters to one small, workable step.

2. Who and what matters

Person, role, or quality the client wants to move toward right now

What would a toward move look like in the next 24 to 48 hours?

3. Willingness check

What private experience (thought, feeling, urge) would need to be present for that step?

Is the client willing to have that experience in service of the step? Note the answer, not just the intent.

Session Review

Bring the matrix back into the next appointment.

4. Review the toward move

What did the client do? Toward, away, or a useful in-between step?

What showed up in the mind quadrant when the client tried the step?

5. Next matrix pass

Which quadrant needs attention next: mind-away, mind-toward, sense-away, or sense-toward?

Therapist note: process worked (defusion, willingness, values, committed action)