

Acceptance and commitment therapy (ACT)

Taking a Small Step Toward What Matters

Adults and teens 13+ | 10 to 15 minutes

Acceptance and commitment therapy explores psychological flexibility, values, and action in the presence of difficult experiences. Acceptance does not mean approving of harm or abandoning change. This page offers one brief values conversation, not a complete ACT protocol or a demand to tolerate unsafe conditions.

Choose a recent, manageable example. Write, draw, or discuss your answers. Skip anything that does not fit; this page is not a diagnostic assessment.

Choose a direction you own

A value describes how you want to act, such as being caring, curious, or fair. It differs from a rule imposed by someone else or a goal you can finish. Your choices can include advocacy, rest, and protection.

Make room for a small step

Notice a thought or feeling that may accompany action without needing to settle it first. Choose a step within your resources, such as asking one question or setting a limit. Adjust the size when capacity or circumstances require it.

1. What quality of action matters to you in this situation, in your own words?**2. What thought or feeling might show up while you move in that direction?****3. What small, safe action could express the value with your current resources?****4. What barrier or support need should shape the plan?****Clinical use and adaptation**

Keep values personally chosen and distinguish acceptance of internal experience from acquiescence to abuse, injustice, or untreated illness. Adapt for cognitive and communication needs. Do not use willingness language to override consent or justify forced exposure.