Values (The life direction I choose; what I want my life to be about)

Commitment and Flexibility

(Choosing to take action consistent with my values, carrying my passengers with me; taking heed of them when it works to do so; thinking and living more flexibly

Growth and Contacted Barriers

(When I step forward in the direction of my values, especially into new or previously avoided territory, my life grows and I also often again encounter new forms of ...)

Life Restriction and Loss
(My life shrinks; I lose vitality and contact
with my values and become more
preoccupied with...)

Relief and Struggle (Temporary relief and the illusion that control and avoidance may work soon gives way to "this isn't working" and struggle) The Acceptance and Commitment Cycle

MY PROBLEMS

The Control and Avoidance Cycle

Control and Avoidance
(Acting on "solutions" proposed by
my mind, often with the agenda of
controlling or avoiding my
distressing thoughts, feelings and
sensations; making deals with my
passengers)

Acceptance and Being Present

(Embracing my experiences in the here and now fully and without resistance)

Mindfulness and Defusion

(Non-judgmentally observing my private experiences; seeing my thoughts as thoughts, my feelings as feelings, untangling "me" from them)

Words, Words, Words (Endless predictions and evaluations about my problems; I lose contact with the present moment and start living in my head)

Entanglement (Buying into my thoughts; losing me in the process)