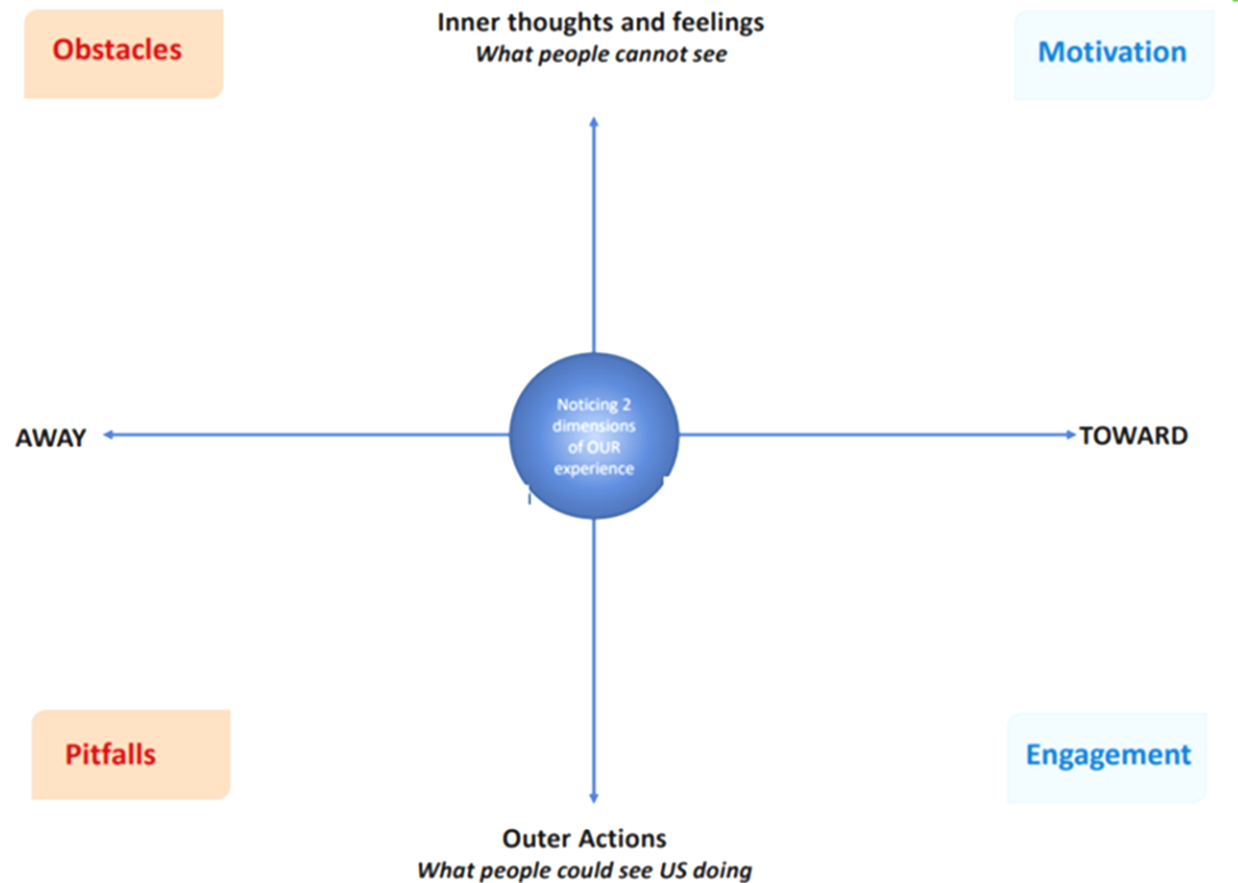
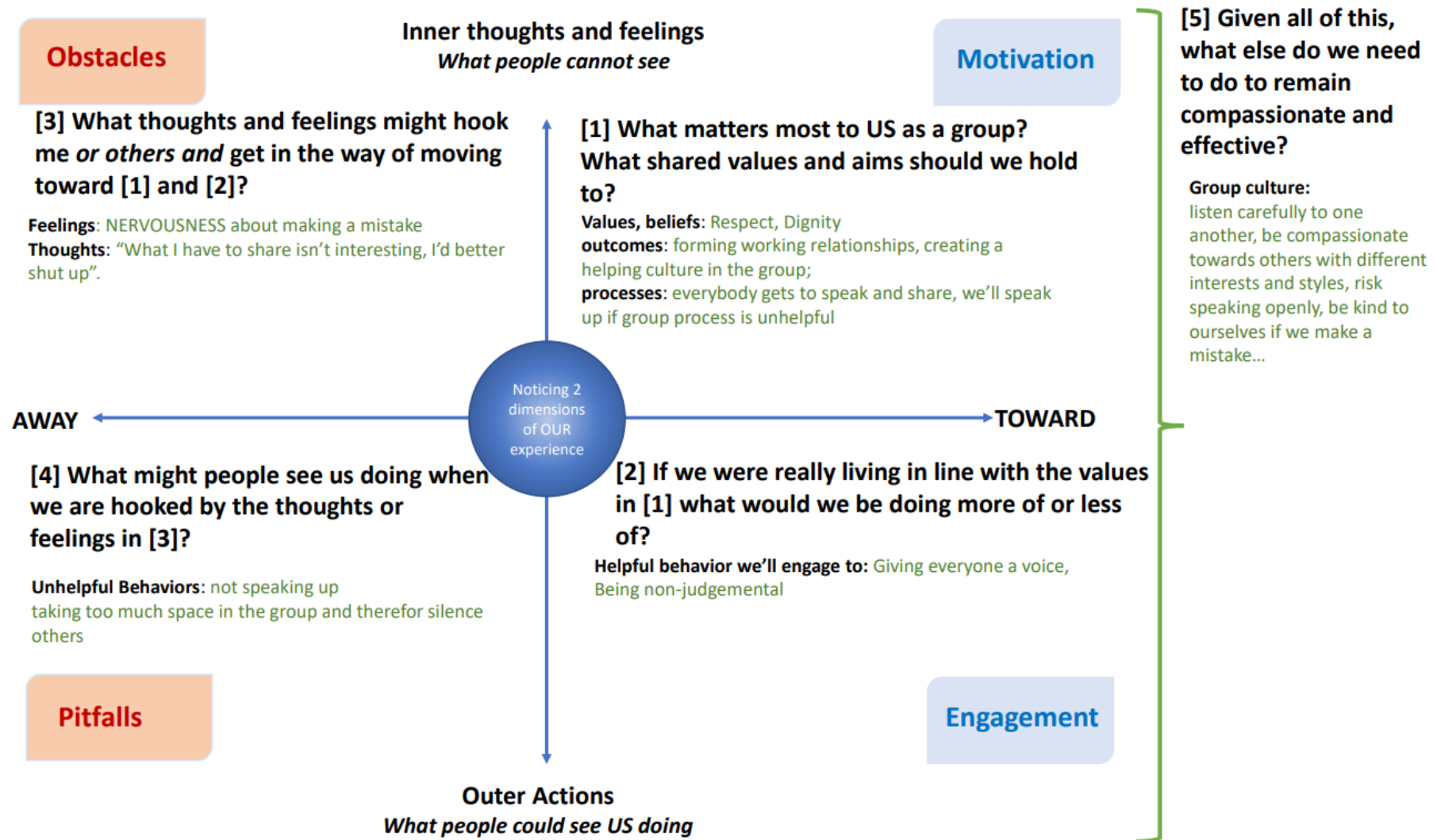


This **ACT matrix** acknowledges that, for every person who shows up to the table, that person brings both an **inner world** of thoughts, feelings, and motivations as well as an **outer collection of observable behaviors**. The horizontal axis is labeled “**Away**” (on the left side) and “**Toward**” on the right side. This axis recognizes the universal human behavior which moves *toward* activities we enjoy and find pleasurable, and *away* from activities we find painful or uncomfortable.



This work is licensed under a [Creative Commons Attribution-ShareAlike 4.0 International License](https://creativecommons.org/licenses/by-sa/4.0/).

## Example of a matrix



This work is licensed under a [Creative Commons Attribution-ShareAlike 4.0 International License](https://creativecommons.org/licenses/by-sa/4.0/).



This work is licensed under a [Creative Commons Attribution-ShareAlike 4.0 International License](https://creativecommons.org/licenses/by-sa/4.0/).