

ACT ADVISOR Psychological Flexibility Measure Charts

Use these charts to keep a record of your scores on the ACT ADVISOR Psychological Flexibility Measure. Each week (or other time period – e.g., month or therapy session) repeat the exercise and mark your scores with an X in the appropriate square in each of the charts below.

Acceptance scale scores

10																				
9																				
8																				
7																				
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	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20

Commitment & Taking action scale scores

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	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20

Attention to present scale scores

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Defusion scale scores

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Values Identification scale scores

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Self as Observer scale scores

10																				
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Psychological Flexibility scores

60																				
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