In this diagram there are six double-headed arrows, each with contrasting statements at either end. The arrows represent sliding scales, numbered 1-10, between each set of statements. For each scale, choose whereabouts you would place yourself (i.e., at which number), depending on how closely, or otherwise, you feel the statements apply to you. If you feel that the statements apply equally, or that neither statement applies to you, score 5. Enter your scores in the box below, then total them to give a Psychological Flexibility score.

**ACT ADVISOR Psychological Flexibility Measure**

- **Acceptance Scale**
  - I willingly accept my thoughts and feelings even when I don't like them
  - My thoughts tell me how things really are, and determine what I do next
  - I see each of my thoughts as just one of many ways to think about things – what I do next is up to me

- **Defusion Scale**
  - I spend most of my time paying attention to what is happening in the present moment
  - I spend most of my time lost in thought about the past or future
  - Deep down, my thoughts and feelings come and go, but deep down the real me doesn't change

- **Values Identification Scale**
  - I am clear about what I choose to value in life
  - I don't know what I want from life
  - Deep down, my thoughts and feelings are the real me

- **Commitment & Taking Action Scale**
  - I don't manage to act on the things I care about
  - I work out what I need to do about the things I care about, and I see it through

- **Attention to Present Scale**
  - I constantly struggle with my thoughts and feelings
  - I don't know what I want from life

- **Self as Observer Scale**
  - I spend most of my time paying attention to what is happening in the present moment
  - I spend most of my time lost in thought about the past or future
  - I don't manage to act on the things I care about

**Scores**

- Acceptance scale
- Commitment & Taking action scale
- Attention to present scale
- Defusion scale
- Values Identification scale
- Self as Observer scale
- Resulting psychological flexibility (TOTAL SCORE)