

ACT: The Choice Point

Noticing whether a behavior moves you toward or away from the life you want to build.

The basic idea

Difficult thoughts, feelings, memories, and urges can “hook” attention. The choice point asks whether the next behavior moves you toward your values or away from them.

Try this

- Name the difficult internal experience.
- Notice the urge it creates.
- Ask what matters in this situation.
- Choose one small toward-move that is under your control.
- Let success mean acting in line with values, not eliminating discomfort.

Try this reflection

Think of one recurring trigger. What is your usual away-move? What would a small toward-move look like?

Using this resource: For education and skill-building only; not diagnosis, medical advice, or crisis care. If you feel overwhelmed, pause and seek appropriate professional support. In the U.S., call or text 988 for crisis support; call 911 for an immediate emergency.