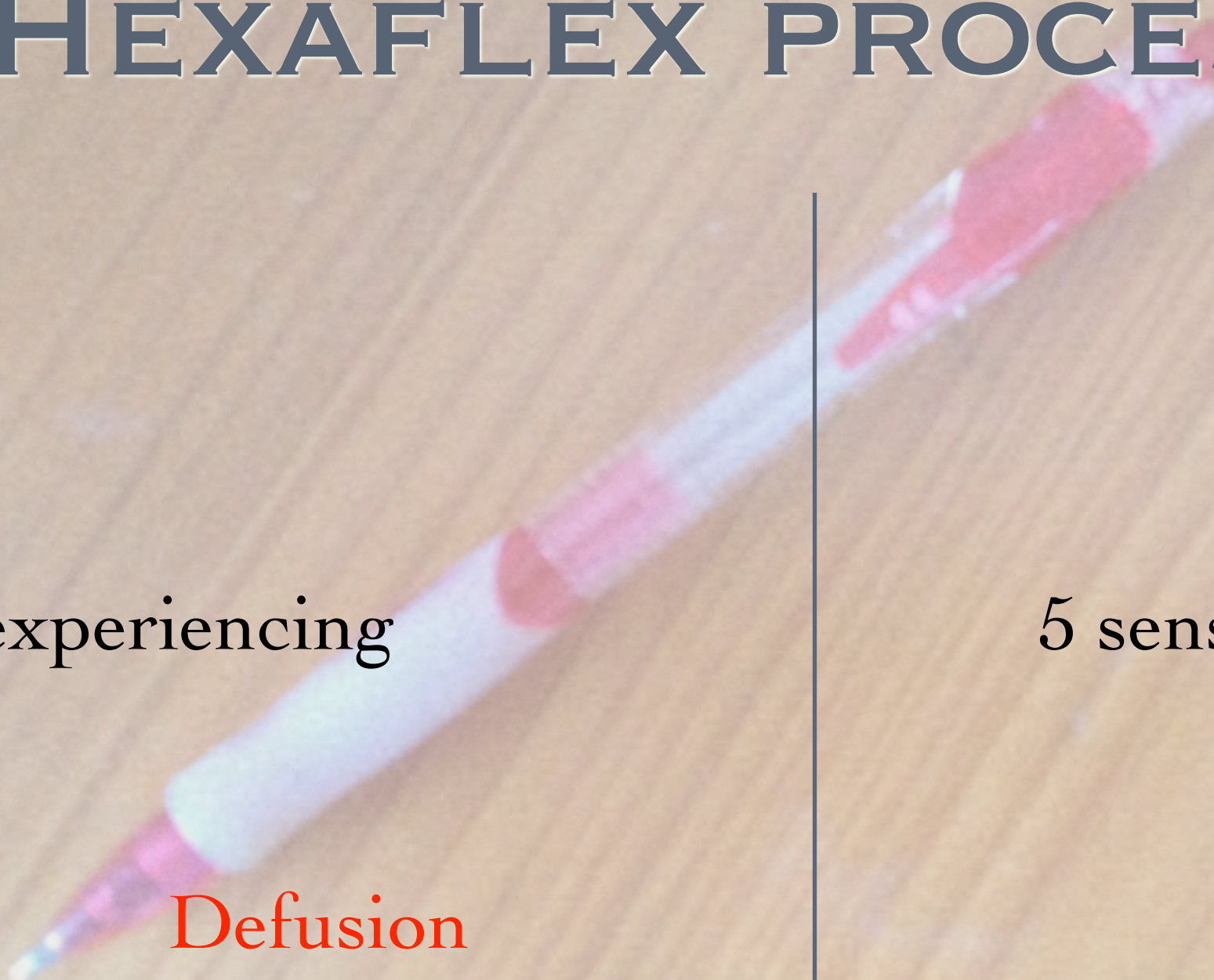


THE MATRIX AND THE HEXAFLEX PROCESSES

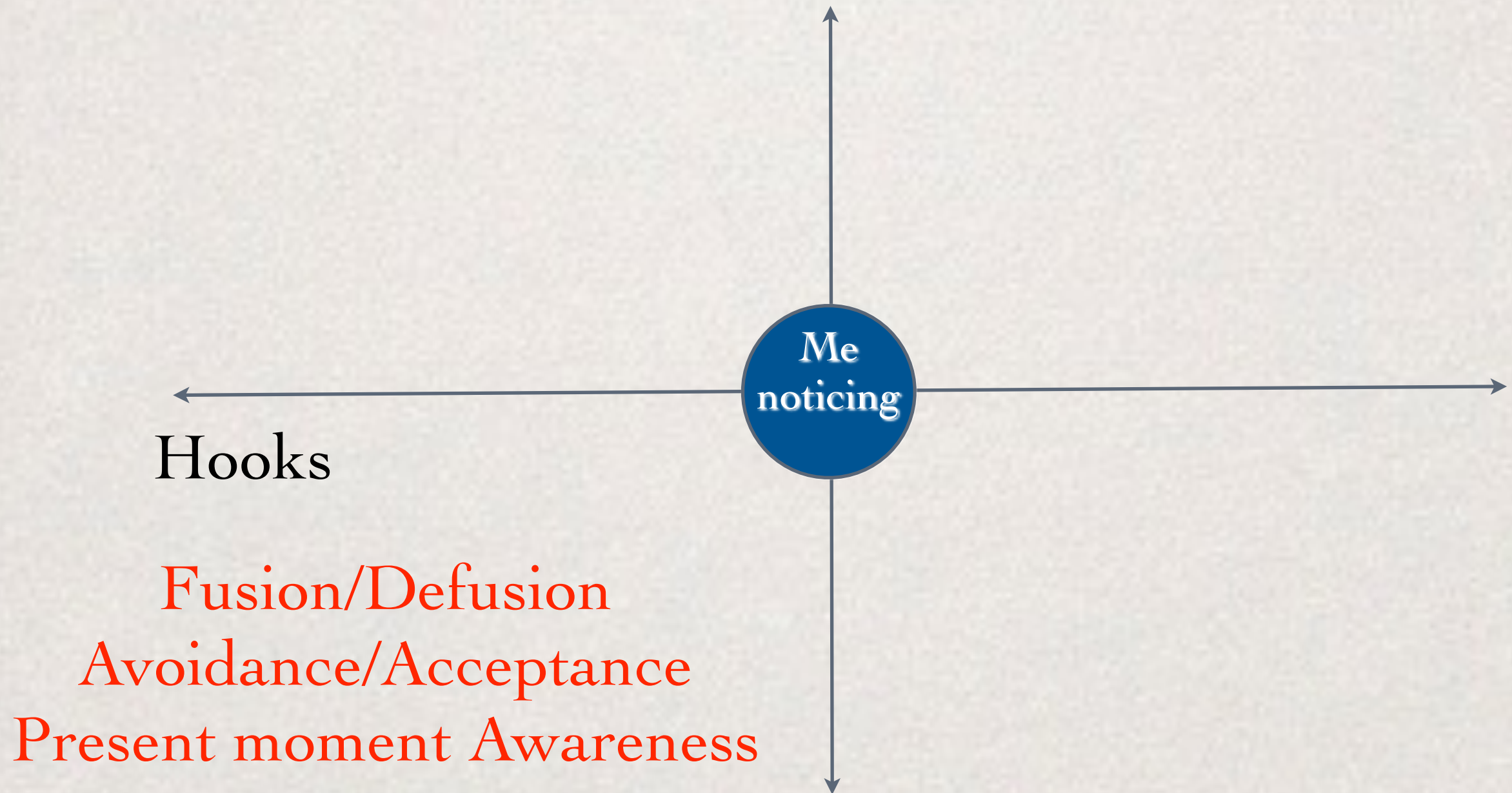
Inner experiencing

5 senses experiencing

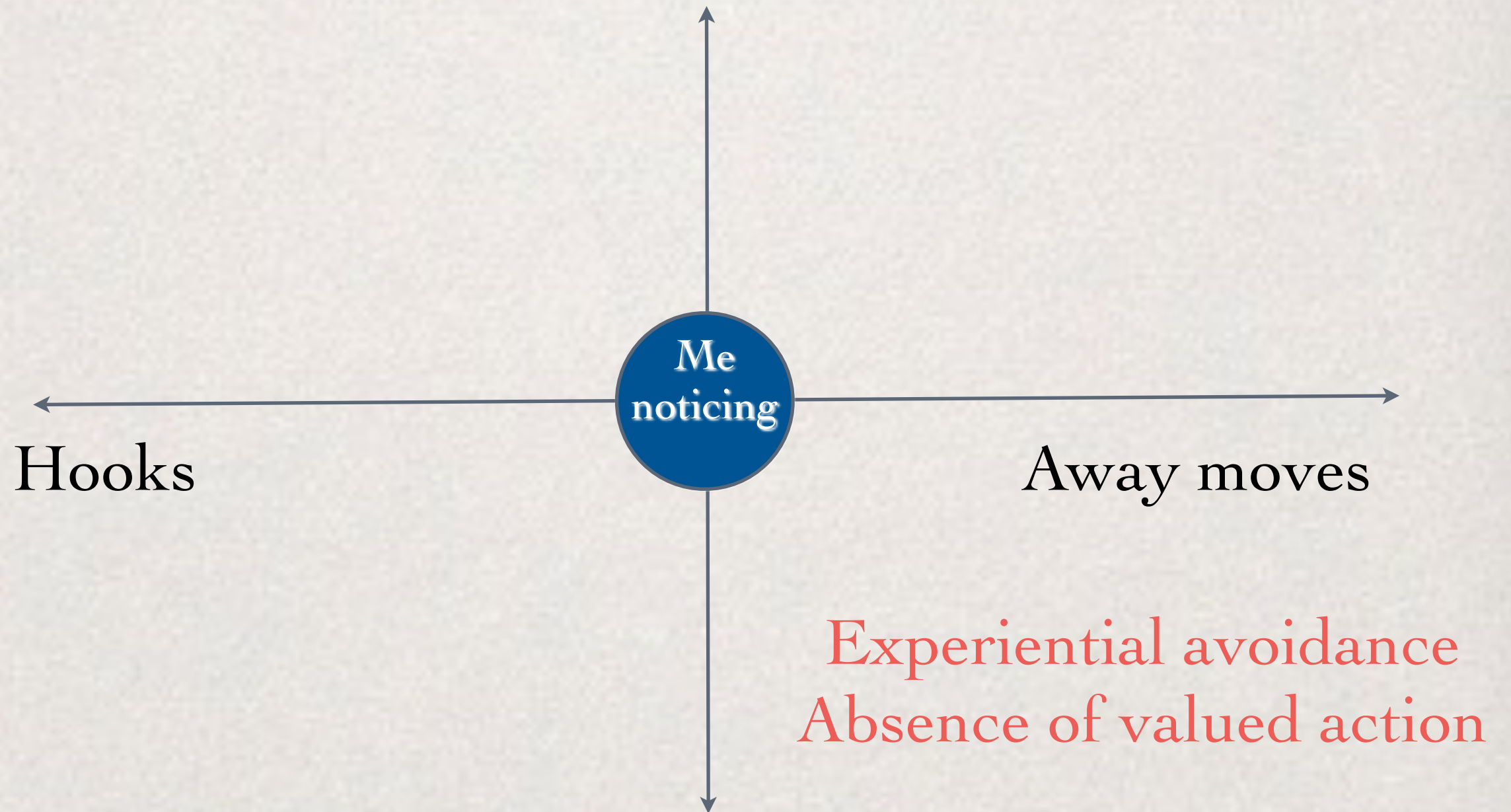
Defusion



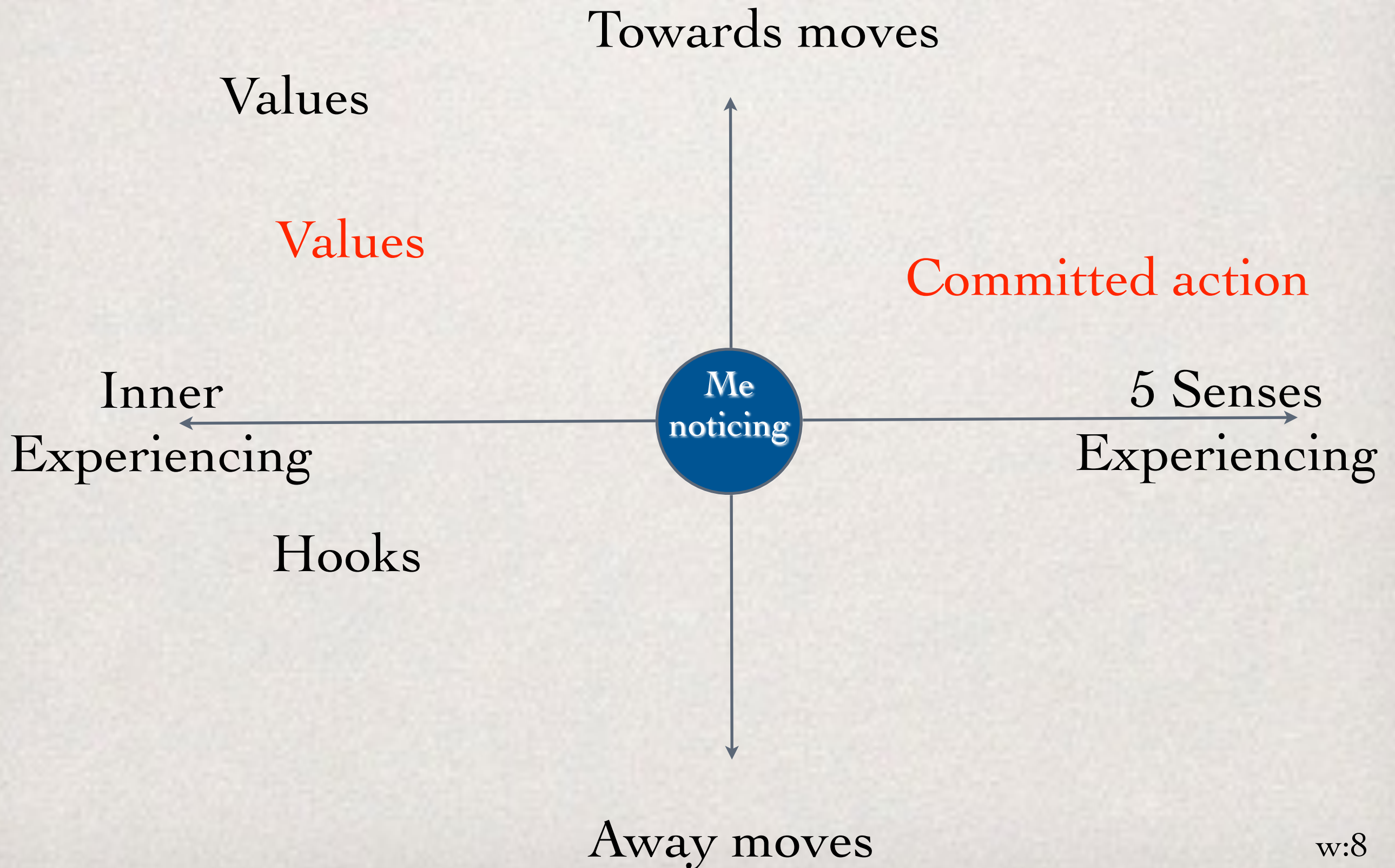
THE ACT MATRIX



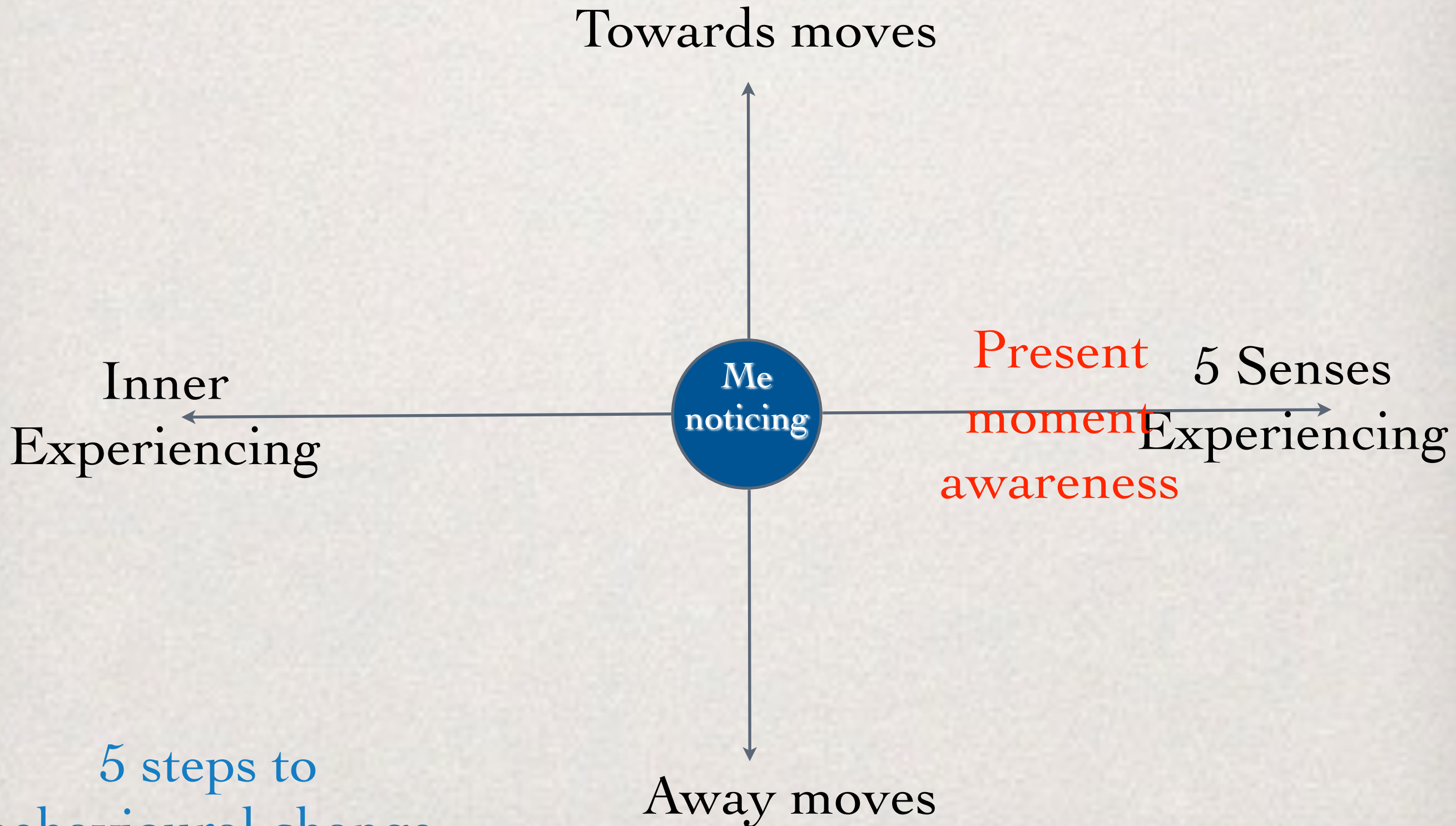
THE ACT MATRIX



THE ACT MATRIX

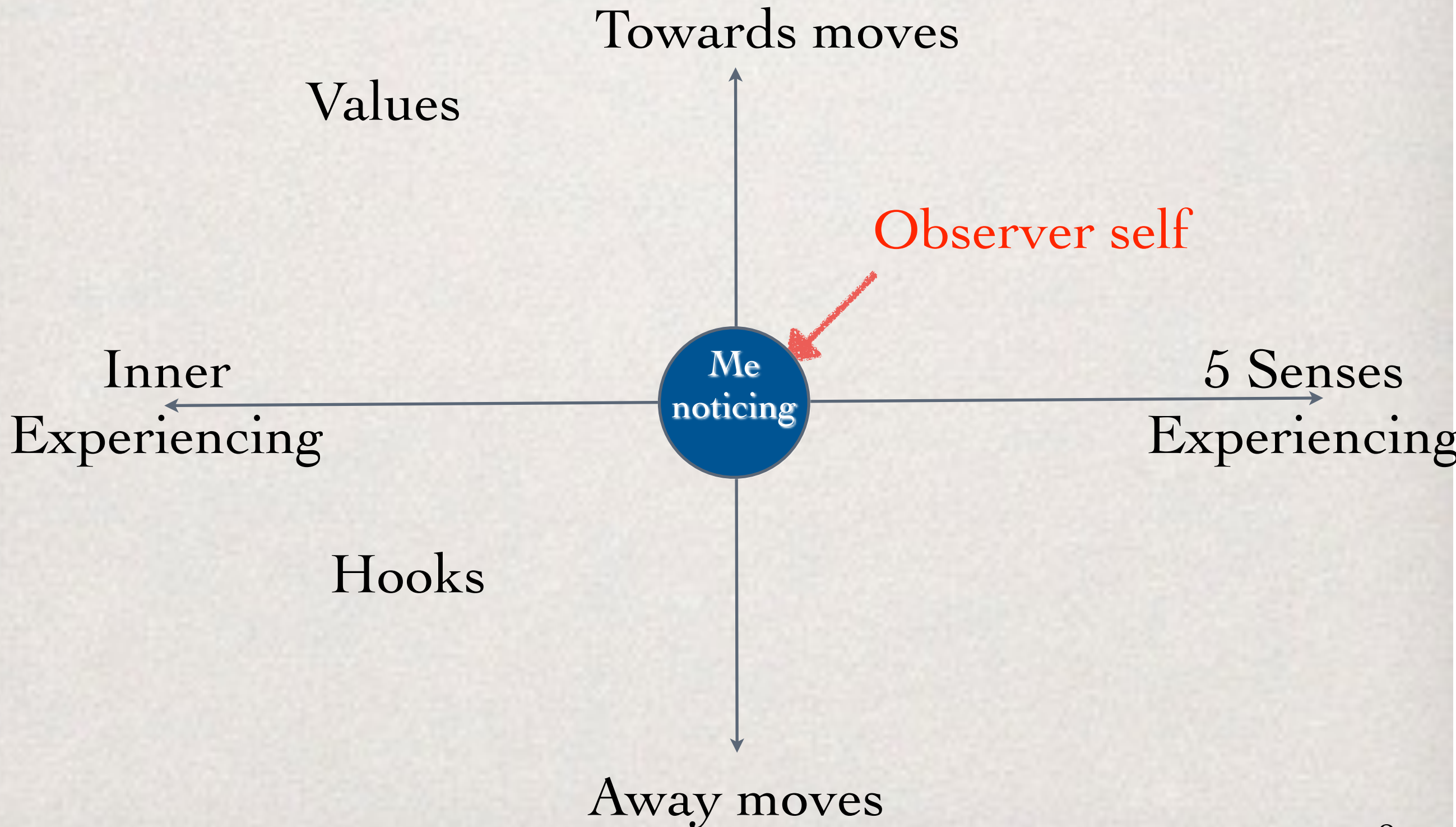


USING THE ACT MATRIX TO SORT BEHAVIOUR



5 steps to
behavioural change

THE ACT MATRIX



THE ACT MATRIX

