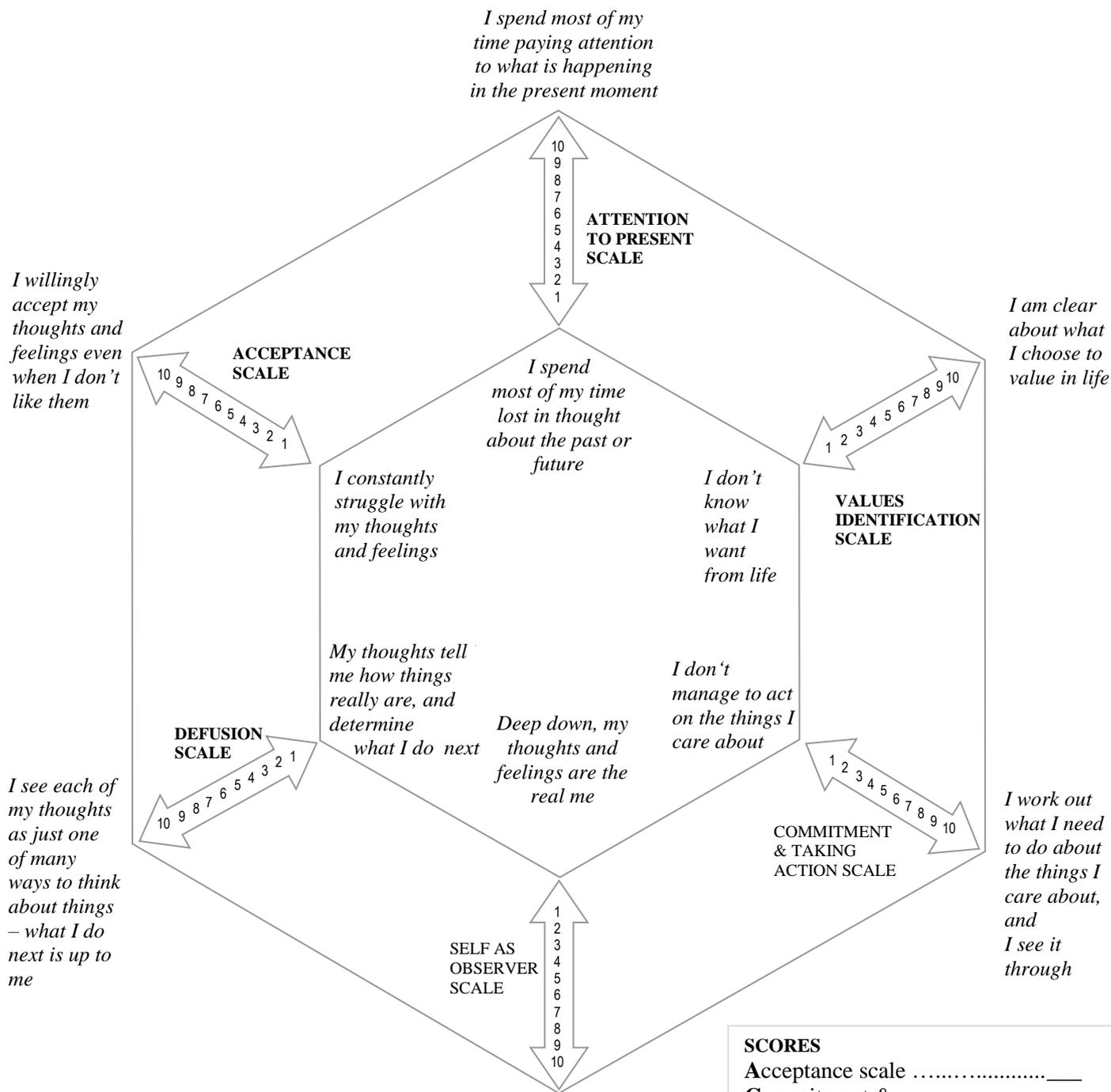


The ACT Advisor: Psychological Flexibility Measure

By David Chantry

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.



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) ...	_____

References:

Chantry, D. (n.d.). ACT ADVISOR Psychological Flexibility Measure. Retrieved from https://contextualscience.org/act_advisor_psychological_flexibility_measure

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