

## ACT Case Conceptualization Grid

<b><u>Presenting Problems</u></b> (as identified by client):	<b><u>Situational Factors</u></b> (current circumstances):	<b><u>Historical Factors</u></b> (relevant events):
<b><u>Private Events</u></b> (thoughts, urges, feelings, etc.):	<b><u>Unworkable Actions</u></b> (autopilot/reactive/avoidant):	<b><u>Consequences</u></b> (payoffs/costs):
<b><u>Resources</u></b> (values, skills, strengths, support):	<b><u>Workable Actions</u></b> (values-guided behavior):	<b><u>Interventions</u></b> (targeted processes):