ACT MATRIX

BODY
(External)

Pouting-Body Language
Tense
Guided
Quick
Avoidance
Throwing Equipment
Poor Self-Talk

Breathing
Grounding
Target and Lose
Playing Free/Comitted

AWAY ← **AWARENESS** → **TOWARDS**

Anxiety
Anger
Dwelling
Constriction
Fixed Mindset
Perfectionism
Will Power (Have/Need to)
Judgements
Shoulds
Avoidance

Being Present
Acceptance
Curiosity
Intention
Because Statements
Growth Mindset
Space
Controllables
Value Based Decisions
Open
Facts

BRAIN
(Internall)