



MINDWHATMATTERS

ACT Psychological Flexibility Measure

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.

