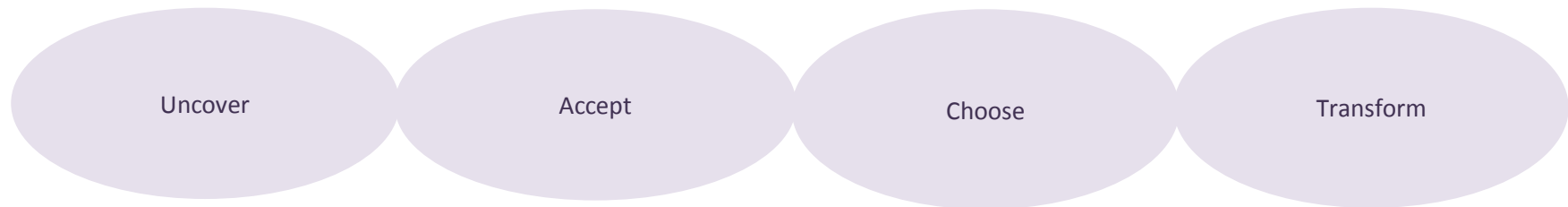


The UACT Model

By Liina DeVries

“What we choose to focus on determines our experience”

Author Unknown



U – Uncovering underlying thoughts or feelings in the current situation.

A – Accepting the current situation, emotions and feelings. Understanding, that it is OK to have emotions, feelings and thoughts, and removing all judgment of self, others, and the current situation.

C – Choice vs. Change. We cannot expect to change others, ourselves, or our current situation, but we can choose what we want to experience in current situation; we create a vision. When we want to change something, the outcome has the power, but if we decide that we has choices, we take back the power and are freed from the burden of winning or failing

T – Transform our experiences.

“It’s not who you were, but where you are going determines who you are” Kung Fu Panda.