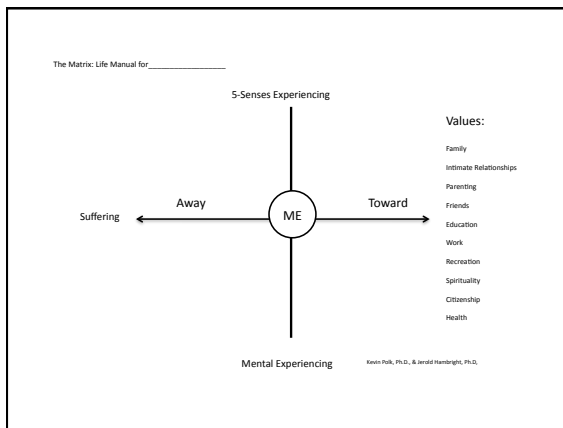


## The ACT Matrix: Self-as-context work in process

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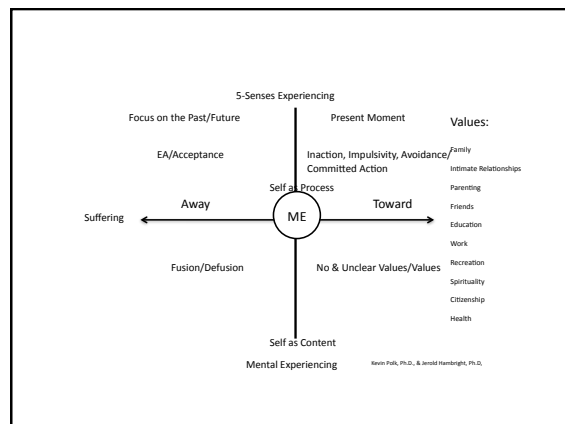
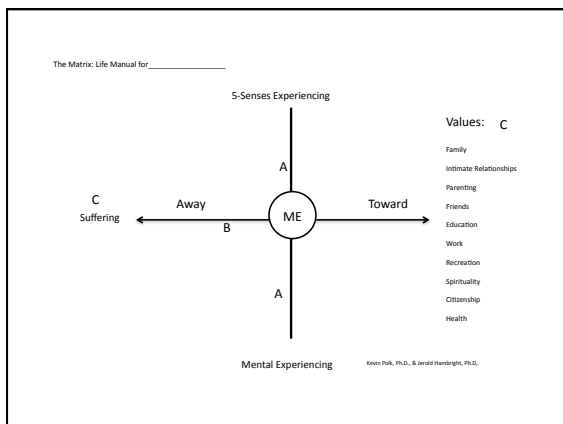
## 3 Questions

- What should I NOTICE?
- How should I BE?
- What should I DO?

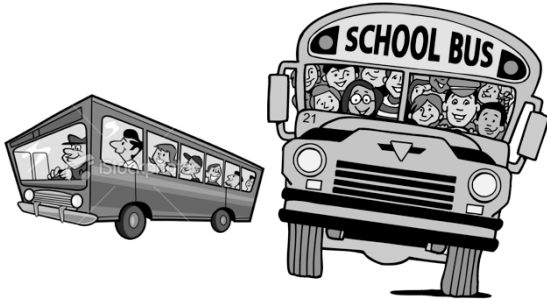


## ABC's

- A: antecedent
- B: behavior
- C: consequence



## The BUS



## The Bus

- Who is driving the bus?
- Where is your bus going?
- What passengers show up?
- How do you treat them?
  - Hooked
  - Struggle
  - Willing
  - Old friends

DISCUSSION