## **ACT – Chessboard Metaphor**

- Your thoughts and feelings are pieces on the chessboard
  - White –label your desired thoughts and feelings
  - Black label your undesired thoughts and feelings
- Our human tendency is to allow the pieces to wage war.
  - O What has this war cost you?
- What if you saw yourself more as the chessboard, and less as the pieces on the board?



Andrew Heaven © 2007



Adapted by Marvin Vandenhoek, M.C., C.C.C. (2016) from: Ciarrochi, J., Blackledge, J., and Lane, L. (2007). Live Well, ACT Now. Retrieved from: http://acceptandchange.com/ACTOZ/index.html