

A-Z of ACT metaphors

26 metaphors commonly used in acceptance and commitment therapy (ACT)

- a** The power of **ACCEPTANCE**
- b** **BALLS** in the pool
- c** **CAPTAIN** of the ship
- d** **DEMONS** on the boat
- e** **EMPTY** chair
- f** The chinese **FINGER** trap
- g** **GIFT** of forgiveness
- h** **HANDS** as thoughts
- i** **INTERNAL** hijackers
- j** **JUGGLING**
- k** Flying a **KITE**
- l** **LEAVES** on a stream
- m** **MOUNTAIN** climb
- n** **NOTICING** clouds in the sky
- o** **OPENING** the door to discomfort
- p** **PASSENGERS** on the bus
- q** Struggling in **QUICKSAND**
- r** The mind as a **RADIO**
- s** **SKY** and the weather
- t** **TUG-OF-WAR** with a monster
- u** **UNWELCOME** party guest
- v** **VALUES** compass
- w** **WATERING** your garden
- x** **X-RAY** of thoughts
- y** **YOGA** mat
- z** **ZOOMING** out