

ACT Triflex: Her Formulation

Acceptance and commitment therapy · Use: in session · Cockpit segment 2

How Rachael's sheet was filled in. A shared formulation built in session: where Rachael gets stuck, and the three skills.

Open up: where she gets stuck

- The stuck story: 'I can't until I fully trust the stoma'
- Fear of a leak, an odour, embarrassment
- Checking supplies, planning around bathrooms

Open up: the skill

- Make room for the fear: willingness, not waiting

Be present: where she gets stuck

- Mind runs off to 'what if it leaks?'

Be present: the skill

- Notice it, then come back to here and now

Do what matters: where she gets stuck

- Staying home: calmer now, but life gets smaller

Do what matters: the skill

- Family, grandchildren, friends, independence
- One small step this week, anxiety welcome

For the clinician

Write her words at each corner. Ask 'Does that fit?' before moving to the rationale.

Triflex concept: Harris, R. (2019). ACT Made Simple (2nd ed.). Redrawn; Mindspan house sheet ACT 06 is original text and layout.

If this topic brings something up for you, pause and look after yourself. In crisis or feeling unsafe, call **000**. 24/7 support: **Lifeline 13 11 14 · Beyond Blue 1300 22 4636**.