

Acknowledge • Connect • Engage

About the ACE Method

ACE is a method used in Acceptance and Commitment Therapy as tool to "unhook" oneself when experiencing unpleasant emotions. These feelings can trigger one to engage in behaviors and thought patterns that moves a person away from their ideal self.

How it works

When you experience a triggering thought or feeling, pause and fill out the worksheet as described below.

Acknowledge

Reference the list of Brene Brown's 87 Emotions and Experiences and identify the terms that most closely represent your current state.

Connect

Connect with your physical body. Engage in one of the exercises described below:

5-4-3-2-1

Identify 5 things you can see, 4 things you can touch, 3 distinct sounds, 2 scents, 1 thing you can taste.

Lay on your back. Systematically tense and release muscles starting from your toes and ending with the top of your head.

(Re-)Engage

After executing the connection exercise, write down what activity you choose to (re)engage with. This can be what you were doing before experiencing the trigger, or an intentional act of self. Commonly understood acts of self care include going outside, physical activity, or journaling. Other acts of self care include a household chore, creating art, or starting a task you've been avoiding.

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