The Hexaflex

Present Moment

Staying in the here and now rather than reflection and reviewing the past or projecting the future.

Experiencing Acceptance

Practicing non-judgmental awareness of internal events. Letting go of what is not in our control.

Psychological Flexability

Cognitive Defusion

Learning to notice the process of thoughts, rather than getting caught up in the context of them.

Self as Context

Contacting the "observing Self". Being conscious of "I" statements.

Values

The process of defining what is most important to you.

Committed Action

Taking steps towards our valued goals even if it means experiencing uncomfortable feelings and thoughts.

Six Crucial Questions

- 1. **Contact with the present moment** Are you able to be here? (What is your experience here and now?)
- 2. **Defusion** Can you observe your thoughts and feelings? (Does thinking something make it so? Do you have to act on what you feel?)
- 3. **Self as context** Are you the same as your thoughts and feelings? (Who is it that observes your internal experience?)
- 4. Values- What do you want your life to be about?
- 5. **Acceptance** Are you willing to experience all of life in the service of your values?
- 6. **Committed action**-what value is this behavior in the service of?