

The Hexaflex



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?