

# THE HEXAFLEX

→ KEY MODEL OF THE ACCEPTANCE AND COMMITMENT THERAPY (ACT) FRAMEWORK

PRESENT MOMENT

THE PROCESS OF BECOMING ACQUAINTED WITH SENSORY EXPERIENCES IN THE PRESENT MOMENT. THROUGH THIS, CLIENTS ARE ABLE TO DEVELOP A PLATFORM OF AWARENESS THAT IS A CRUCIAL FOUNDATION FOR THE EXERCISES IN ACT. IT FEELS NICE TO BE GROUNDED.

EXPERIENTIAL ACCEPTANCE

THE PROCESS OF PRACTISING NON-JUDGMENTAL AWARENESS TO INTERNAL AND EXTERNAL EVENTS. THROUGH THIS PRACTICE, ONE RECOGNISES THAT THERE ARE SOME THINGS THAT ARE OUT OF OUR CONTROL AND THAT IF WE LET GO OF THE STRUGGLE WITH THIS, WE CAN MAKE DECISIONS ABOUT THE PART WE HAVE CONTROL OVER — OUR ACTIONS.

VALUES

THE PROCESS OF DEFINING WHAT IS MOST IMPORTANT TO AN INDIVIDUAL IN THEIR LIFE. THROUGH THIS PROCESS OF CONNECTING TO A DEEPER SENSE OF WHAT MATTERS, IT IS POSSIBLE TO DEFINE PURPOSE, DIRECTION AND DECISION MAKING FOR A RICHER AND MORE VIBRANT FUTURE. VALUES ALSO REFER TO RECOGNISING QUALITIES OF BEHAVIOUR ONE WOULD LIKE TO LIVE IN LINE WITH.

COGNITIVE DEFUSION

THE PROCESS OF LEARNING TO NOTICE THE PROCESS OF THOUGHT RATHER THAN GETTING CAUGHT UP IN THE CONTENT. THROUGH OBSERVING THE PROCESS OF THINKING, THOUGHTS THAT MAY HAVE PREVIOUSLY LED TO SIGNIFICANT DISTRESS OR UNWORKABLE BEHAVIOUR WEAKEN.

COMMITTED ACTION

THE PROCESS OF TAKING STEPS TOWARDS VALUED GOALS WHILE EXPERIENCING UNCOMFORTABLE FEELINGS AND THOUGHTS. THROUGH THIS ONE LEARNS HOW COMMITTING TO THE VALUED ACTION, RATHER THAN THE OUTCOME, CAN BRING GREATER VITALITY.

SELF AS CONTEXT

THE PROCESS OF CONTACTING THE 'OBSERVING SELF', A PART OF YOU THAT IS ABLE TO WITNESS THOUGHTS, FEELINGS AND ACTIONS AT ANY MOMENT. THIS PART OF YOU ALLOWS YOU TO BE MINDFUL AND IN PRACTISING CONTACT WITH THE OBSERVING SELF, IT IS POSSIBLE TO BE FREED FROM PREVIOUSLY TIGHTLY HELD BELIEFS ABOUT ONESELF.

PSYCHOLOGICAL FLEXIBILITY

Embrace your demons and follow your heart

[NESHNIKOLIC.COM/HEXAFLEX](http://NESHNIKOLIC.COM/HEXAFLEX)