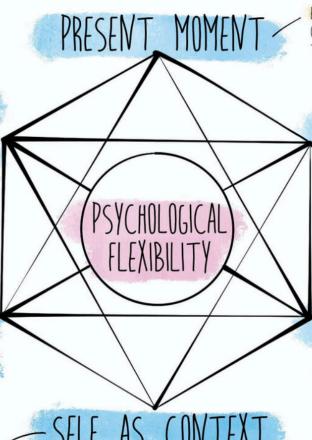
## HEXAFLEX

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

# EXPERIENTIAL

PRACTICE, ONE RECOGNISES THAT THERE ARE SOME THINGS OF THE STRUGGLE WITH THIS, WE CAN MAKE DECISIONS ABOUT THE PART WE HAVE CONTROL OVER - OUR ACTIONS.

THE CONTENT. THROUGH OBSERVING THE PROCESS OF THINKING, THOUGHTS THAT MAY HAVE PREVIOUSLY LED TO SIGNIFICANT DISTRESS OR UNWORKABLE BEHAVIOUR WEAKEN.



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.

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.

AN INDIVIDUAL IN THEIR LIFE. THROUGH THIS 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.

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

Embrace your demons and follow your heart

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