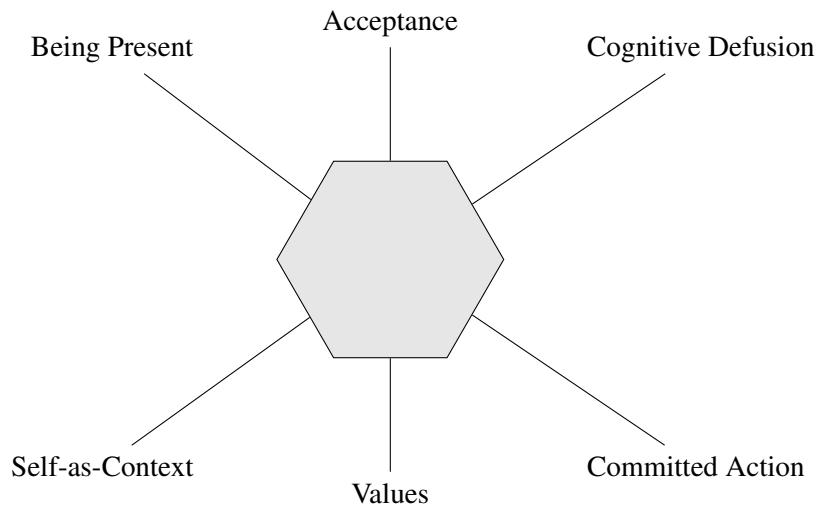


# Acceptance and Commitment Therapy (ACT) Hexaflex Worksheet

The ACT Hexaflex represents six core processes to build psychological flexibility: Acceptance, Cognitive Defusion, Being Present, Self-as-Context, Values, and Committed Action. Use this diagram to reflect on each process and set goals.

## ACT Hexaflex Diagram



## Reflection Questions

- Acceptance:** What feelings are you avoiding? How can you allow them without fighting?
- Cognitive Defusion:** Name a thought you're stuck on. Try saying it in a silly voice to "unhook."
- Being Present:** Practice a 1-minute mindfulness exercise. What do you notice?
- Self-as-Context:** Describe yourself as the "observer" of your thoughts, not the thoughts themselves.
- Values:** List one core value (e.g., connection, growth). Why does it matter?
- Committed Action:** Choose one small action aligned with your value. When will you do it?

**Note:** Use additional paper for journaling. Consult a licensed therapist for personalized guidance.

Content provided for educational purposes. Created by Tyler Gordon, Licensed Clinical Mental Health Counselor.