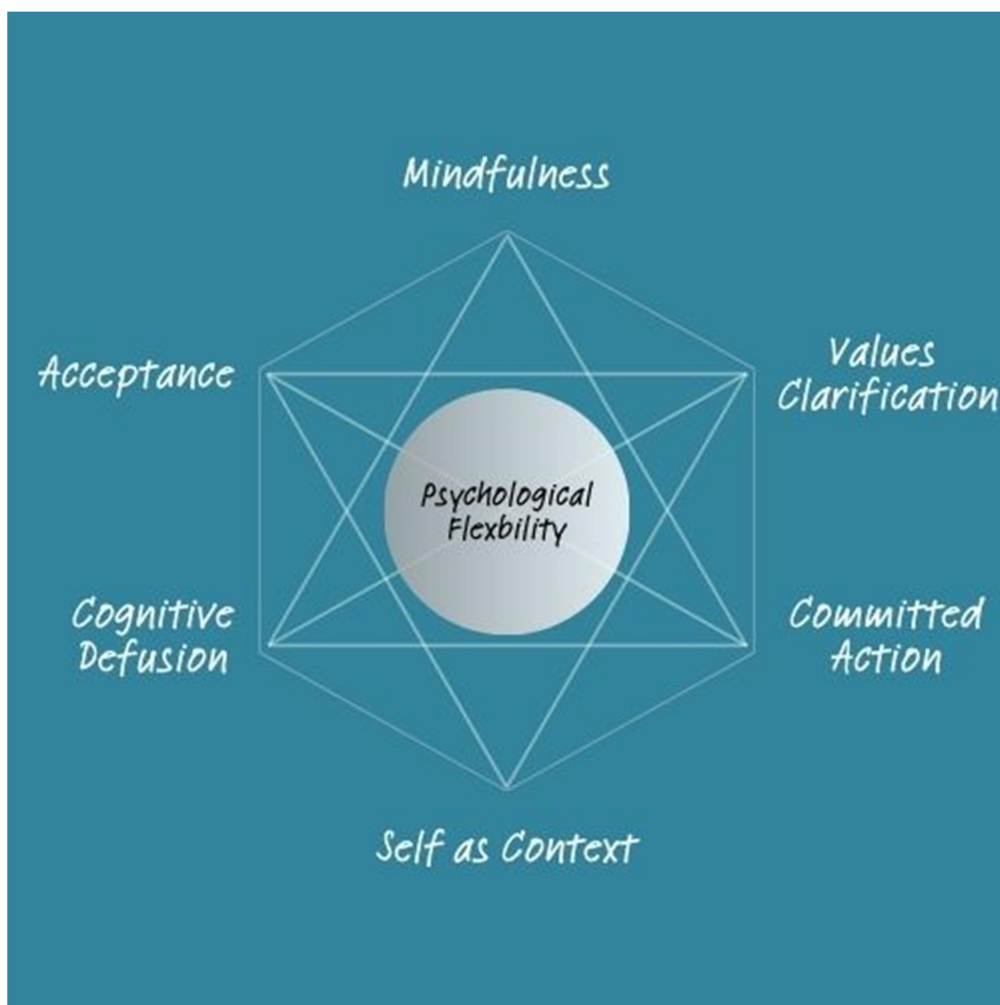


Understanding the ACT Hexaflex Diagram



[Acceptance and Commitment Therapy](#) (ACT) is a new way of thinking about mental health that helps you live a meaningful life while dealing with difficult or unhelpful thoughts and emotions.

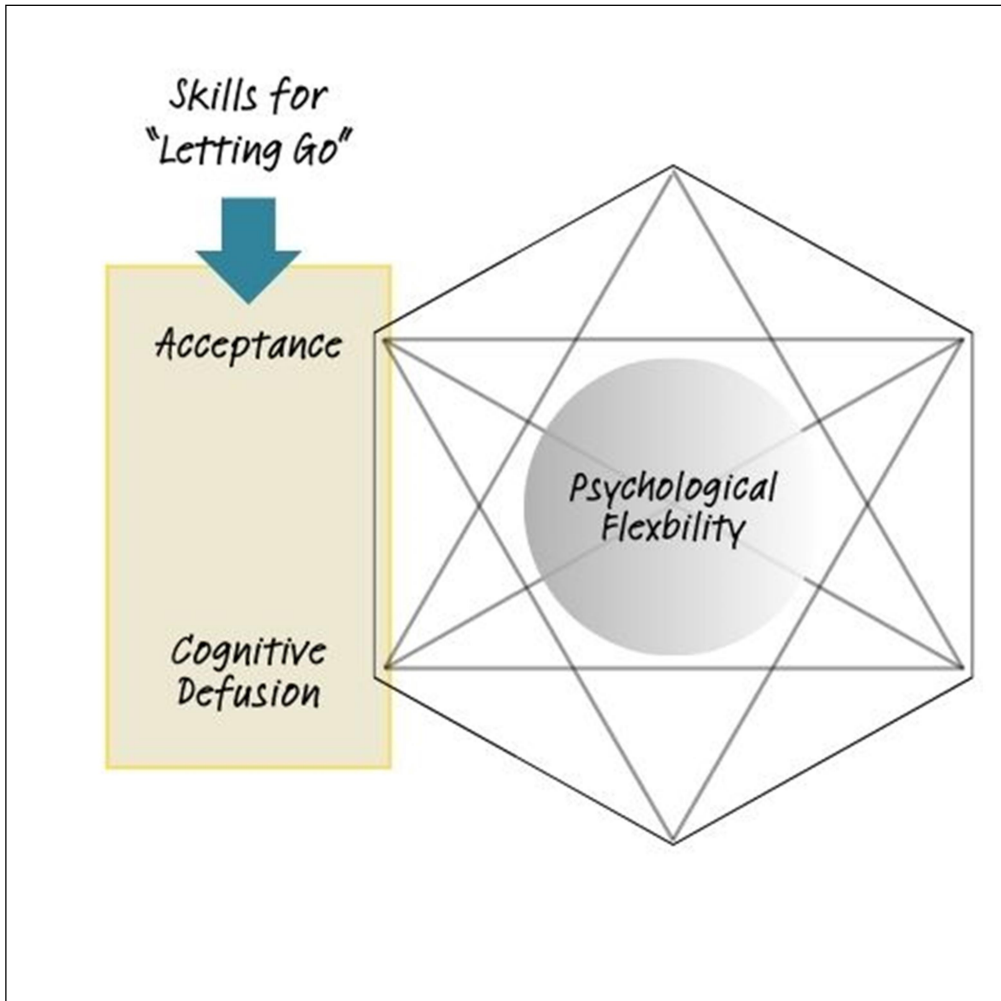
At the core of ACT lies the hexaflex model, a framework of six interrelated skills that support *psychological flexibility*—the ability to handle life’s challenges effectively.

What does “Hexaflex” Mean?

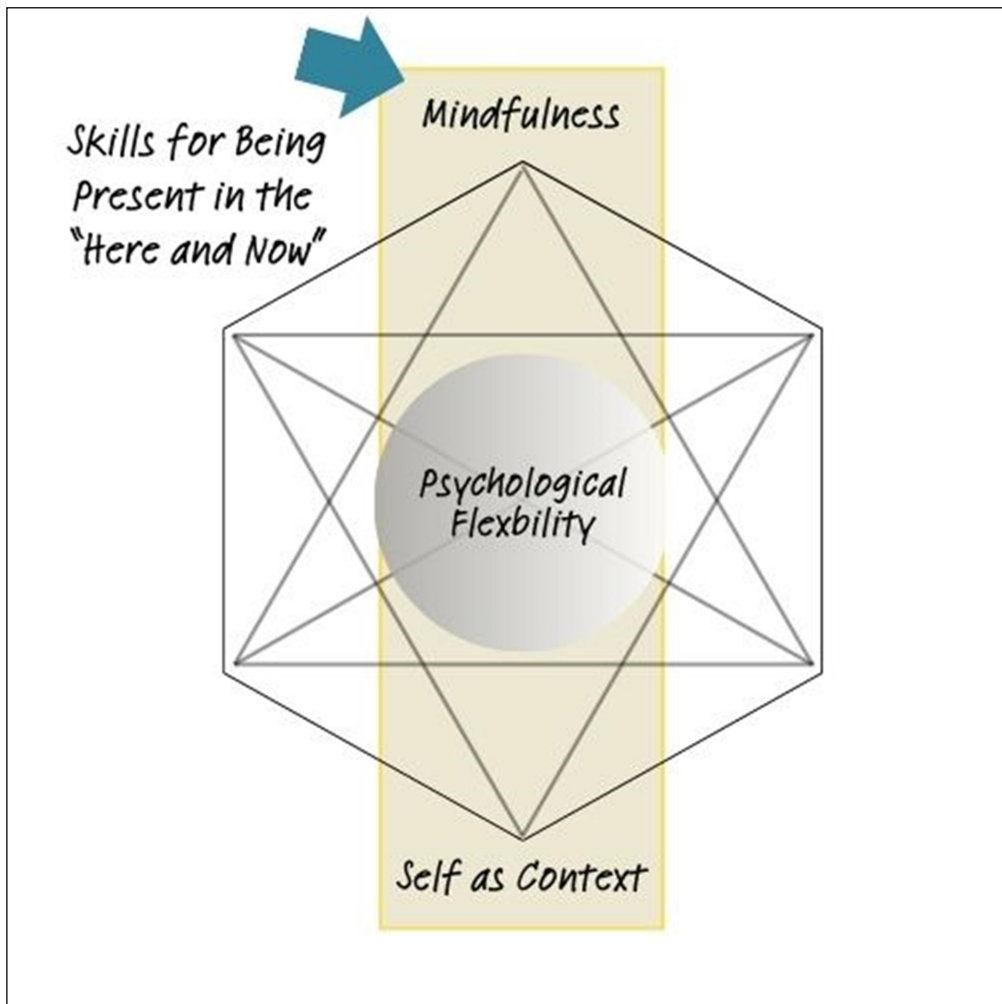
- **Hexa:** This prefix comes from the Greek word for “six,” reflecting **ACT’s six core processes**, which are *Acceptance, Cognitive Defusion, Contact with the Present Moment (Mindfulness), Self-as-Context, Values Clarification, and Committed Action*.
- **Flex:** This word is short for “flexibility,” which is the ultimate goal of the ACT model—helping you develop **psychological flexibility**. This means being able to adapt to challenges, handle difficult emotions, and take meaningful action based on your values.

What is the ACT Hexaflex Model In a Nutshell?

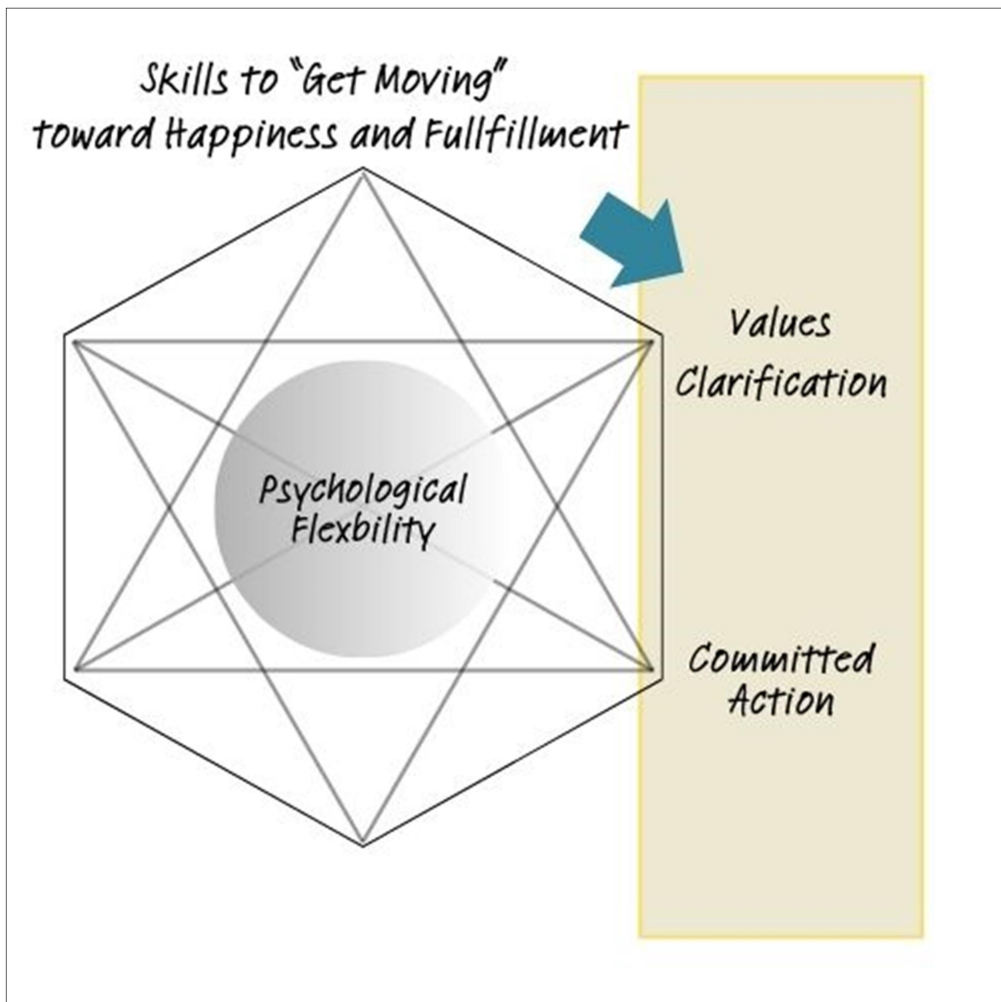
Acceptance and **Cognitive Defusion** work together to “reduce excessive literally,” which means not taking your thoughts or emotions as literal facts or too seriously. Instead of struggling with difficult emotions or clinging to unhelpful thoughts, you step back and make room for them.



Mindfulness and **Self-as-Context** work together to ground you in the “here and now.” It helps you 100% exist or live in the present moment, as opposed to living in the past or present.

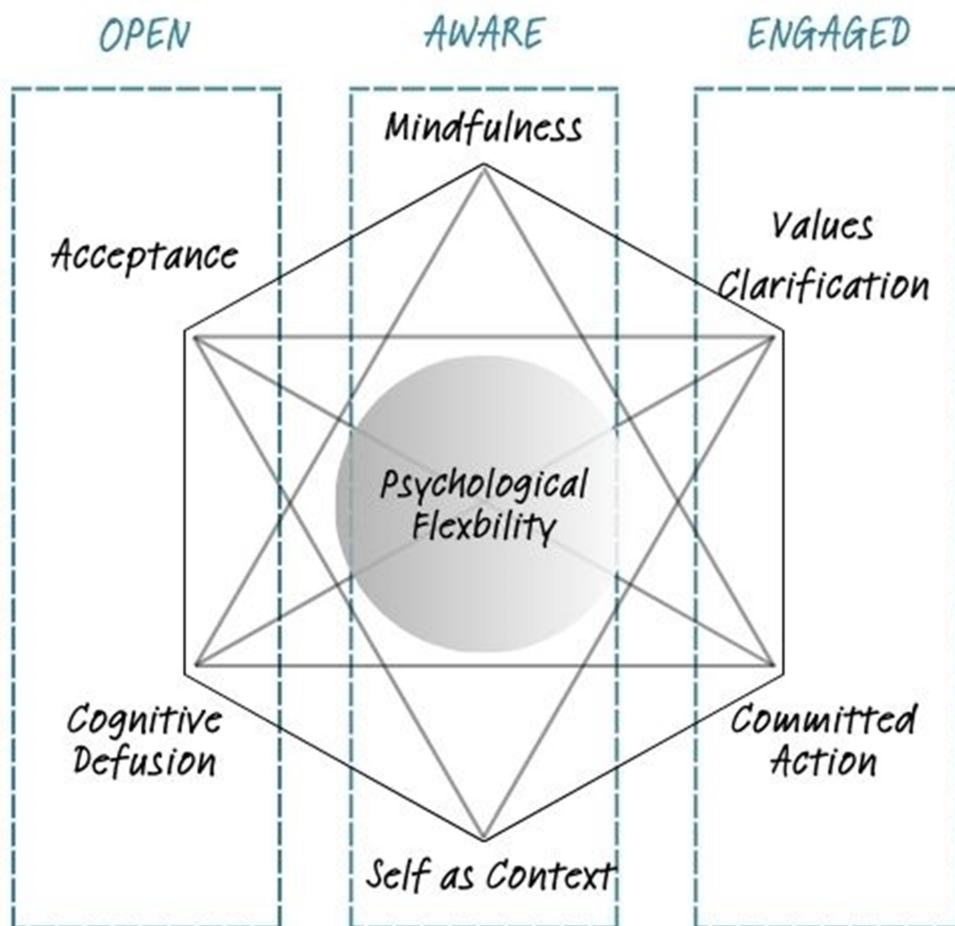


Values Clarification and **Committed Action** work together to help you identify what matters to you (*your core values*) and take consistent, meaningful steps in that direction (*committed action*).



ACT Hexaflex Model: Promoting Openness, Awareness, and Engagement in Life

Another thing that the hexaflex diagram aims to show is that **psychological flexibility** is achieved through **openness**, **awareness**, and **engagement** in life.



Openness refers to your ability to embrace thoughts, feelings, and experiences without trying to suppress or avoid them. If you're open to whatever you're experiencing in life (good AND bad), you help yourself move past emotional struggles easier and faster.

Awareness involves staying grounded in the present moment and fostering a flexible sense of self. These ACT core processes help you maintain clarity and perspective, even when life feels overwhelming.

Engagement focuses on actively participating in life in ways that align with what truly matters to you. It ensures that your actions are purposeful and aligned with your goals, creating a sense of fulfillment and direction.

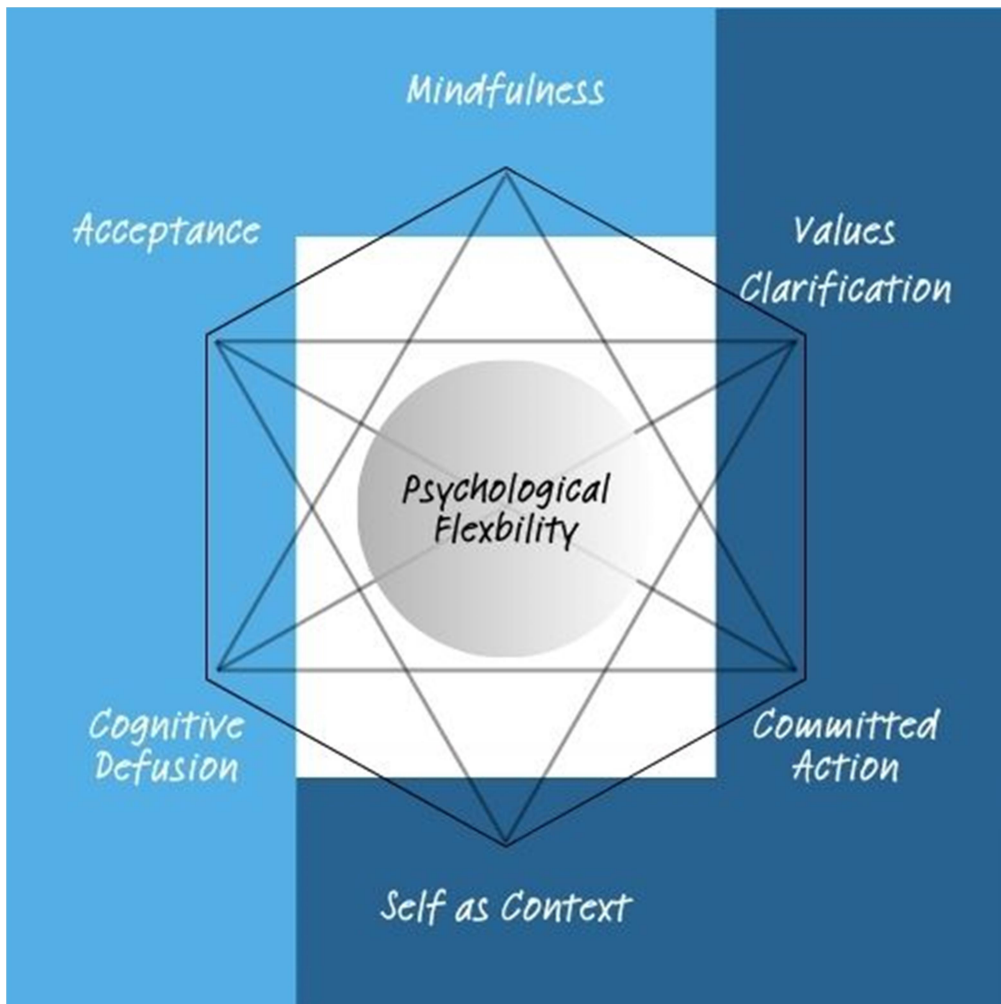
How ACT Balances Acceptance and Change

Acceptance and Commitment Therapy is built on a powerful idea: to live a meaningful life, you need to balance two key processes—**acceptance** and **change**. These processes work together, not against each other, to help you handle life’s challenges better while moving toward what truly matters to you. Basically, ACT teaches you to “accept what you can’t change” but also to “change what you can.”



The **ACCEPTANCE** processes help you open up to thoughts, emotions, and experiences without judgment or avoidance.

The **CHANGE** processes help you take action and move toward the life you want. These skills encourage you to define what matters and pursue it, even when it's difficult.



In summary:

Acceptance and Commitment Therapy (ACT) is a mental health framework that helps you live a more meaningful life.

At its core is the **Hexaflex Model**, a visual framework of six interrelated processes that build **psychological flexibility**, or the ability to handle life's challenges effectively.

These six processes are grouped into three overarching principles:

- **Openness:** Embrace thoughts and emotions without avoidance (Acceptance and Cognitive Defusion).
- **Awareness:** Stay grounded in the present moment and maintain a flexible sense of self (Mindfulness and Self-as-Context).
- **Engagement:** Identify values and take meaningful actions aligned with them (Values Clarification and Committed Action).

The six skills also promote a healthy balance between **acceptance** (opening up to what you can't control) and **change** (taking action to improve your life). Together, these processes foster resilience, clarity, and purpose, enabling you to align your actions with what truly matters to you.