

# Hexaflex Model

Acceptance

Patient demonstrates acceptance of thoughts and feelings without trying to change or avoid them

Cognitive defusion

Patient demonstrates cognitive defusion by creating distance from thoughts and observing them objectively

Present moment awareness

Patient demonstrates present moment awareness and engagement with current experiences

Self-as-context

Patient demonstrates self-as-context by recognizing self as observer of experiences

Values

Patient demonstrates connection with personal values to guide decision-making

Committed action

Patient demonstrates committed action aligned with values despite challenges

**Psychological Inflexibility Components**

Experiential avoidance

Patient demonstrates experiential avoidance of unwanted internal experiences

Fusion

Patient demonstrates cognitive fusion with thoughts as absolute truths

Lack of contact with the present moment

Patient demonstrates lack of contact with present moment (operating on autopilot)

Self-as-content

Patient demonstrates self-as-content through over-identification with thoughts and experiences

Lack of contact with values

Patient demonstrates lack of contact with or clarity about personal values

Inaction

Patient demonstrates inaction or unworkable action patterns

**Clinical Notes**