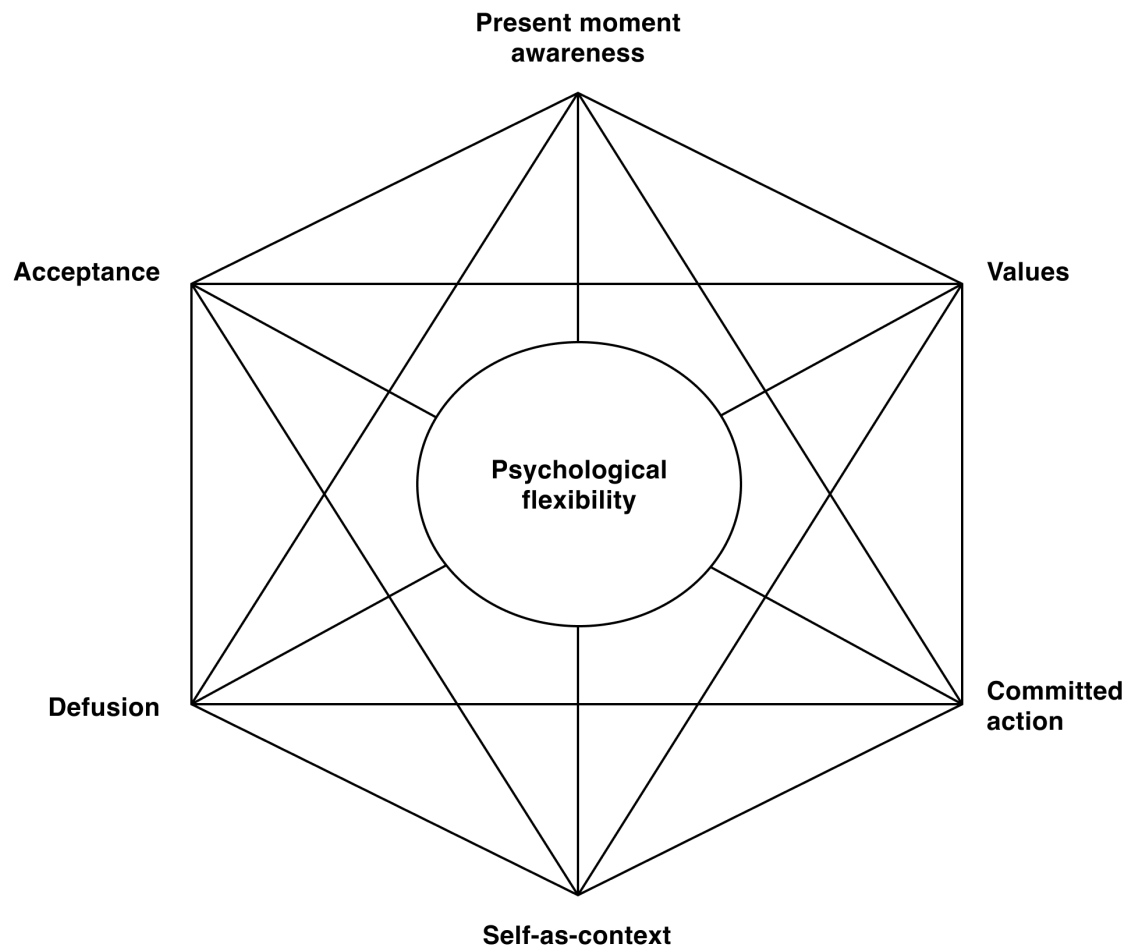


Hexaflex Model

The Hexaflex model is a useful framework for understanding and enhancing psychological flexibility. It offers a comprehensive approach to improving mental health outcomes. The following is an overview of the six processes involved in psychological flexibility.



Acceptance

Acceptance involves embracing thoughts and feelings without trying to change or avoid them. It's about allowing experiences to be as they are rather than struggling against them. In practice, this might involve encouraging patients to acknowledge difficult emotions or physical sensations without judgment.

Cognitive defusion

Cognitive defusion is the process of creating distance from thoughts and observing them objectively. It helps individuals recognize that thoughts are mental events, not absolute truths. Healthcare practitioners can teach patients techniques to step back and notice their thoughts without getting caught up in them.

Present moment awareness

This component focuses on engaging fully with the current moment. It's about increasing awareness of immediate experiences and the environment. Practitioners can guide patients in mindfulness exercises to help them stay grounded in the present, rather than getting lost in worries about the future or regrets about the past.

Self-as-context

Self-as-context involves recognizing the self as an observer of experiences rather than being defined by them. It's about developing a sense of self that transcends current circumstances or challenges. This can help patients maintain perspective during difficult times.

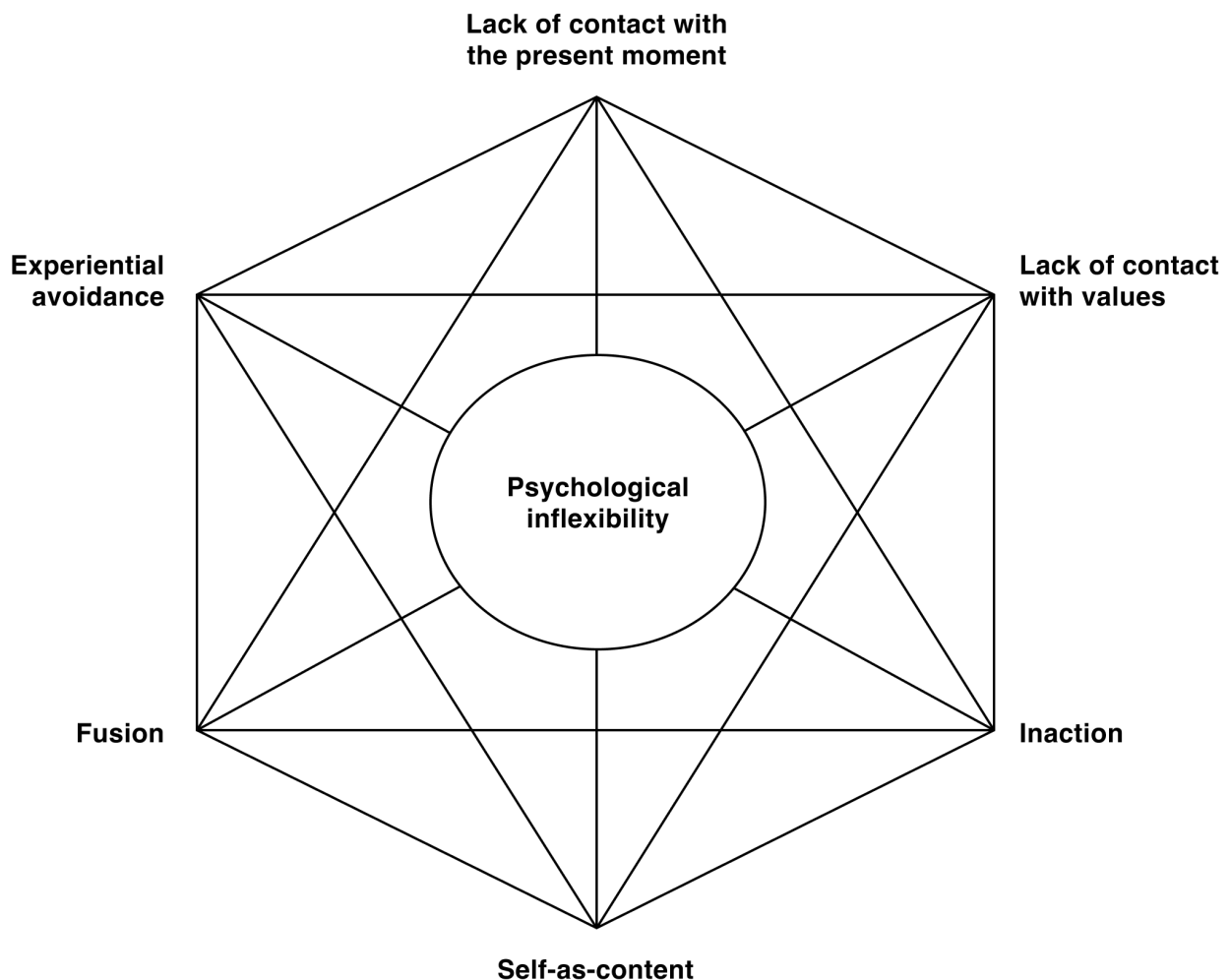
Values

Values clarification involves identifying what truly matters to the individual. It's about connecting with personal values to guide decision-making and behavior. Healthcare practitioners can assist patients in exploring and clarifying their values, which can provide direction and motivation for positive change.

Committed action

Committed action means taking steps aligned with one's values, even when faced with challenges or discomfort. It's about moving towards what's important rather than away from what's difficult. Practitioners can support patients in setting goals and taking actions consistent with their identified values.

A counterpart of this model is the six components of psychological inflexibility which can contribute to psychological distress.



Experiential avoidance

Experiential avoidance involves attempts to escape or avoid unwanted internal experiences such as thoughts, feelings, or sensations. This often leads to short-term relief but can impact problems in the long run. Practitioners may observe patients engaging in behaviors aimed at avoiding discomfort, even when doing so interferes with their quality of life.

Fusion

Cognitive fusion occurs when individuals become overly attached to their thoughts, treating them as absolute truths rather than mental events. This can lead to being "stuck" in unhelpful thought patterns. Healthcare providers might notice patients who are excessively caught up in negative self-talk or rigid beliefs about their situation.

Lack of contact with the present moment

This involves a tendency to operate on "autopilot," with limited awareness of one's current experiences or environment. Patients might report feeling disconnected from their surroundings or having difficulty focusing on immediate tasks.

Self-as-content

Self-as-content refers to over-identification with one's thoughts, feelings, or life narrative. Individuals may define themselves rigidly based on their experiences or labels. Practitioners might observe patients who struggle to see themselves beyond their diagnoses or past experiences.

Lack of contact with values

This process involves a disconnection from or lack of clarity about one's personal values. Patients might express feeling lost or directionless or make choices that don't align with what's truly important to them.

Inaction

Inaction, or unworkable action, refers to behavior patterns that move individuals away from their values or long-term goals. This might manifest as procrastination, giving up easily, or engaging in counterproductive behaviors. Healthcare providers might notice patients who struggle to make or maintain positive changes in their lives.

Reference

Rolfs, J. L., Rogge, R. D., & Wilson, K. G. (2016). Disentangling components of flexibility via the hexaflex model: Development and validation of the multidimensional psychological flexibility inventory (MPFI). *Assessment*, 25(4), 458–482. <https://doi.org/10.1177/1073191116645905>