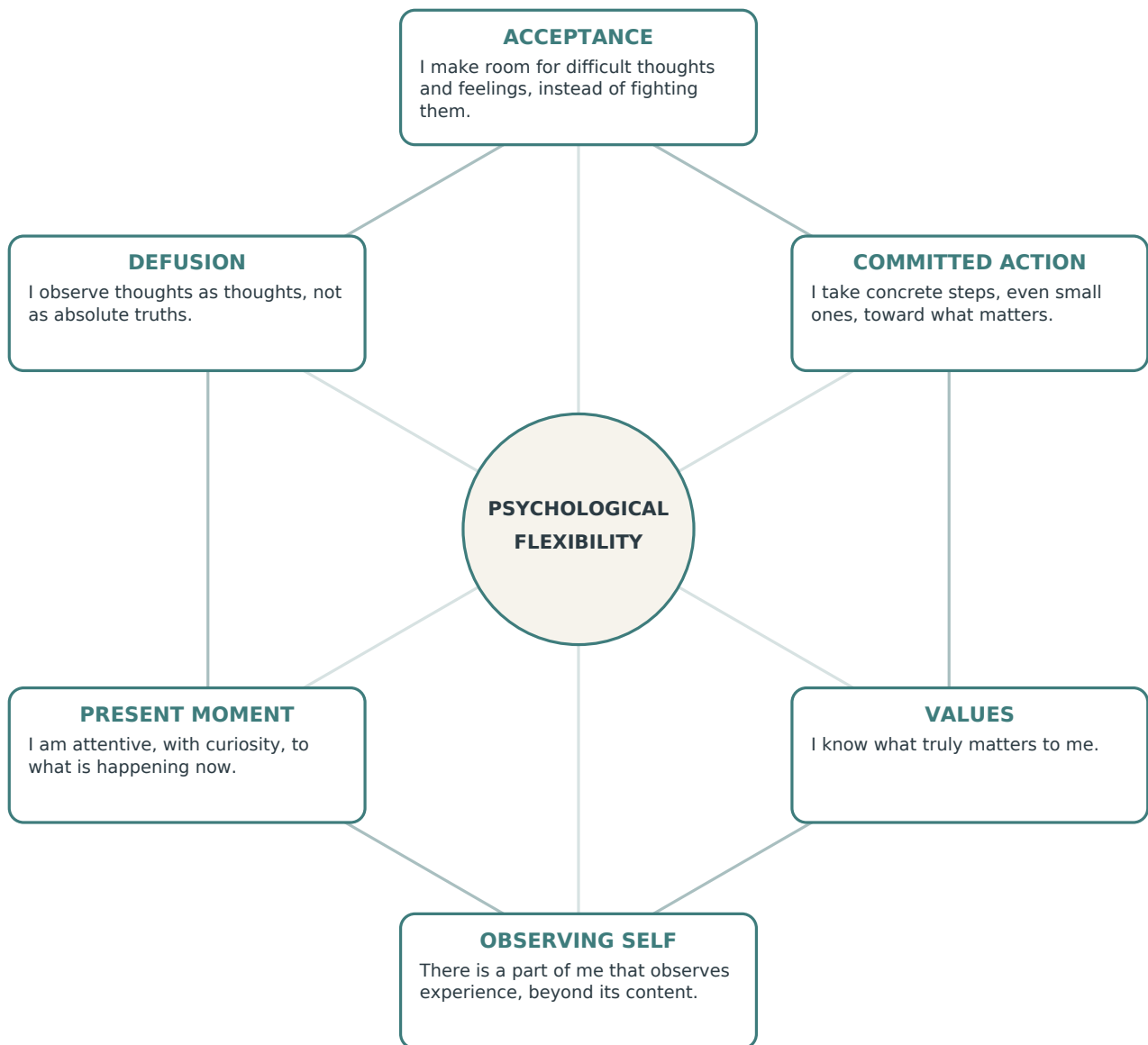


The 6 ACT Processes (Hexaflex)

florintodoran.ro

A map of psychological flexibility

The ACT model describes psychological flexibility through 6 interconnected processes. They are not separate steps, but facets of the same thing: the capacity to be present, open, and to act in line with your values.



Which process do I feel I need to practice the most right now?