

# EMBODYING FLEXIBILITY

Adapting psychological flexibility concepts from  
Acceptance and Commitment Therapy into self-care skills for everyday life

**Psychological flexibility** is a skillset of "coming in full contact with painful experiences and with uniquely **chosen values** while **consciously choosing to act and engage in a meaningful life.**"

*"What is Psychological Flexibility?" - Tim Gordon*



Life can be overwhelming. Many of us have experienced one stress after another in recent years, often without time to rest or adjust between each crisis.

Research shows that practicing psychological flexibility – by focusing on what is or isn't in your control – can help reduce suffering in stressful situations AND increase enjoyment during times of abundance or ease. Today we will practice being mindful to what is and isn't in our immediate control to gain clarity and flexibility during times of stress or change.

Pay attention to ways that you might apply psychological flexibility to tensions that arise in your daily life, such as a difficult mood, the challenges of remote work, or the unease of a frustrating conversation. Notice how you can incorporate skills from psychological flexibility into your self-care routine to respond to effectively to challenges in your life AND protect what matters most/brings you joy!

6 COMPONENTS OF PSYCHOLOGICAL

# FLEXIBILITY

## **Mindfulness**

Contact with the present moment

## **Values**

Know  
what matters

## **Committed Action**

Do  
what matters

## **Self As Context**

Awareness of point of view

## **Defusion**

Observe your  
experience

## **Acceptance**

Be open to reality

## **Psychological Flexibility**

Be Present  
Stay Open  
Do What Matters

**The ACT Hexiflex**

Adapted from *ACT Made Simple* by Russ Harris, MD

# PSYCHOLOGICAL FLEXIBILITY

# VALUES

What matters most?

**In my life, I want to be ...**

**Accepting:** open to, allowing of, or at peace with myself, others, life, my feelings, ...

**Adventurous:** willing to create or pursue novel, risky or exciting experiences

**Assertive:** calmly, fairly and respectfully standing up for my rights and asking for what I want

**Authentic:** being genuine, real, and true to myself

**Caring:** actively taking care of myself, others, the environment, ...

**Compassionate:** responding kindly to myself or others in pain

**Cooperative:** willing to assist and work with others

**Courageous:** being brave or bold; persisting in the face of fear, threat, or risk

**Creative:** being imaginative, inventive, or innovative

**Curious:** being open-minded and interested; willing to explore and discover

**Encouraging:** supporting, inspiring, and rewarding behavior I believe in

**Expressive:** conveying my thoughts and feelings through what I say and do

**Focused:** focused on and engaged in what I am doing

**Fair/just:** acting with fairness and justice—toward myself and others

**Flexible:** willing and able to adjust and adapt to changing circumstances

**Friendly:** warm, open, caring, and agreeable toward others

**Forgiving:** letting go of resentments and grudges toward myself or others

**Grateful:** being appreciative for what I have received

**Helpful:** giving, helping, contributing, assisting, or sharing

**Honest:** being honest, truthful, and sincere—with myself and others

**Independent:** choosing for myself how I live and what I do

**Industrious:** being diligent, hardworking, dedicated

**Kind:** being considerate, helpful, or caring—to myself or others

**Loving:** showing love, affection, or great care—to myself or others

**Mindful/present:** fully present and engaging in whatever I'm doing

**Open:** revealing myself, letting people know my thoughts and feelings

**Orderly:** being neat and organized

**Persistent/committed:** willing to continue, despite problems or difficulties

**Playful:** being humorous, fun-loving, light-hearted

**Protective:** looking after the safety and security of myself or others

**Respectful:** treating myself or others with care and consideration

**Responsible:** being trustworthy, reliable, and accountable for my actions

**Skillful:** doing things well, utilizing my knowledge, experience, and training

**Supportive:** being helpful, encouraging, and available—to myself or others

**Trustworthy:** being loyal, honest, faithful, sincere, responsible, and reliable

**Trusting:** willing to believe in the honesty, sincerity, reliability, or competence of another

**Fill in the blank:** ...

**Fill in the blank:** ...

**Fill in the blank:** ...

# TAKING ACTION

**My Top 5 Values**  
(AKA: What matters most?)

1	...
2	...
3	...
4	...
5	...

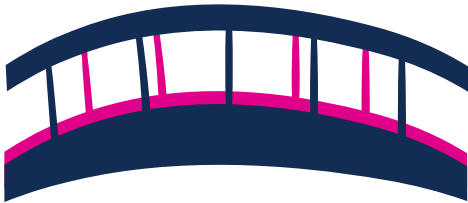
*In reality...* my **actions** currently reinforce these **priorities**:

1	...
2	...
3	...
4	...
5	...

## Build a bridge through committed actions

We tend to feel happiest when we act in accordance with our most authentic values. How would you be able to SEE that you are acting in alignment with your values? Think of three clear SMART goals that would show you that you are committed to your values in a sustainable way.

**Start scheduling these now...**



### My SMART Goals:

(specific, measurable, achievable, realistic, and time-bound)

1. ...
2. ...
3. ...