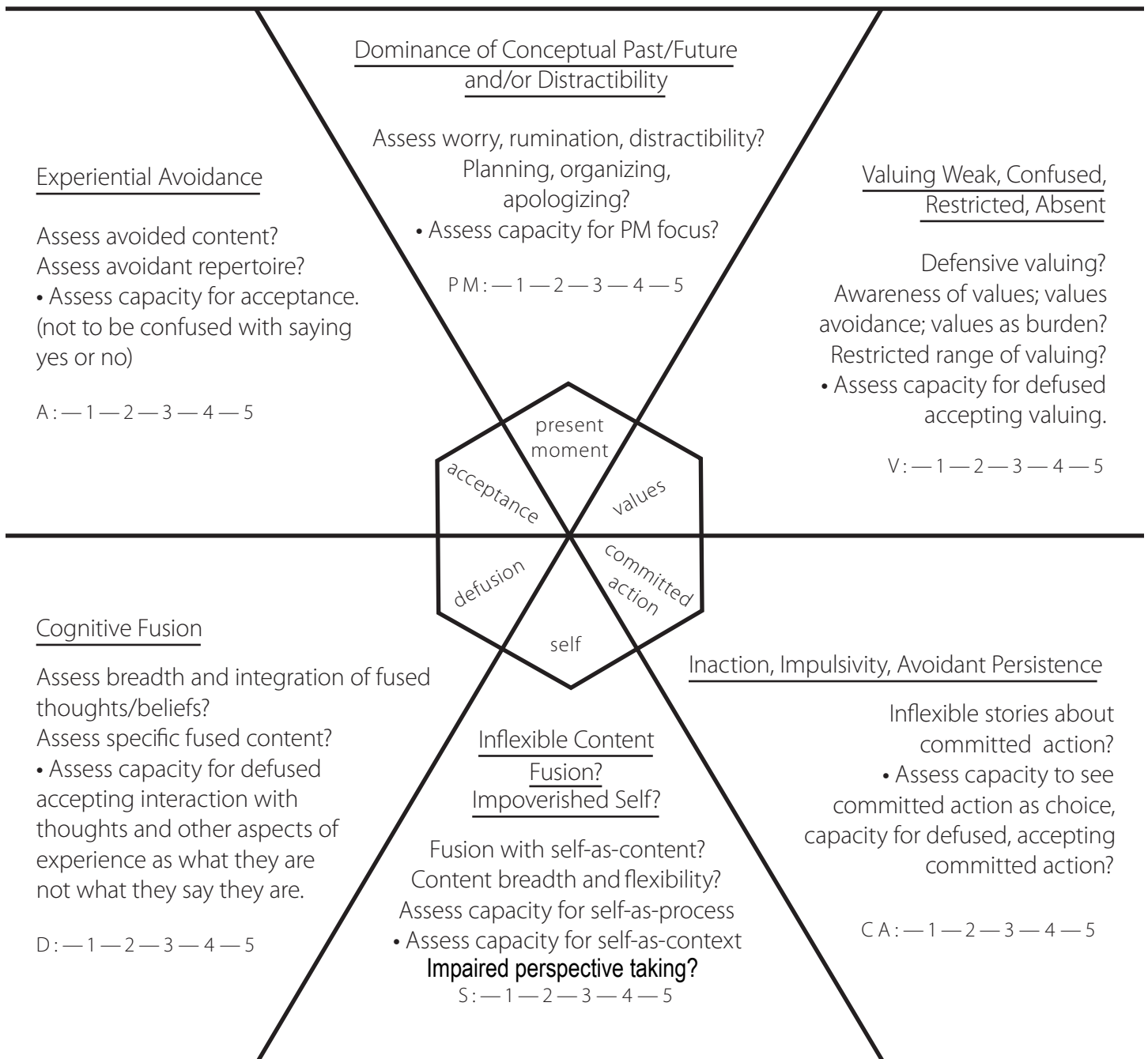


Hexaflex Diagnostic and Assessment

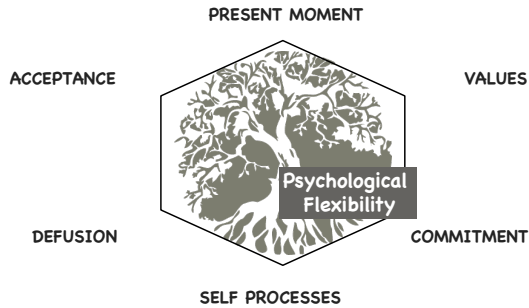


Hexaflex Diagnostic and Assessment Worksheets

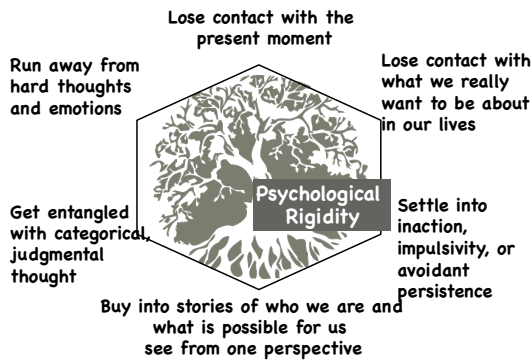
The hexaflex diagnostic is a functional dimensional approach to case conceptualization, assessment, and “diagnosis.” It is intended to link assessment of functioning on clinically relevant dimensions to interventions. The approach is explicitly tied to a ACT and behavior theory more generally. The diagram above provides some domain specific orientation to common clinical difficulties within the dimension. The rating scale for each domain is intended as a general estimate of functioning within the domain with 1 as low functioning and 5 as high functioning. The worksheets should not be approached as a mere gathering of information. Deliberate, present moment focused questioning will give the best estimate of both capacities and for areas for therapeutic focus.

Hexaflex diagnostic note pages can be used to conceptualize therapist and client functioning in a given session. High scores connote optimal functioning. Low scores connote poor functioning. Note sheets can also be used as case notes to describe focus of intervention in a session and functioning with each noteworthy domain

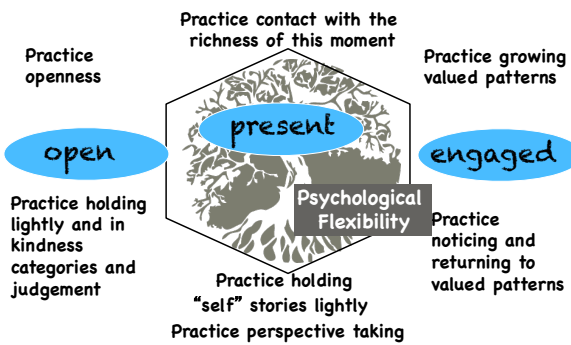
The Psychological Flexibility Model

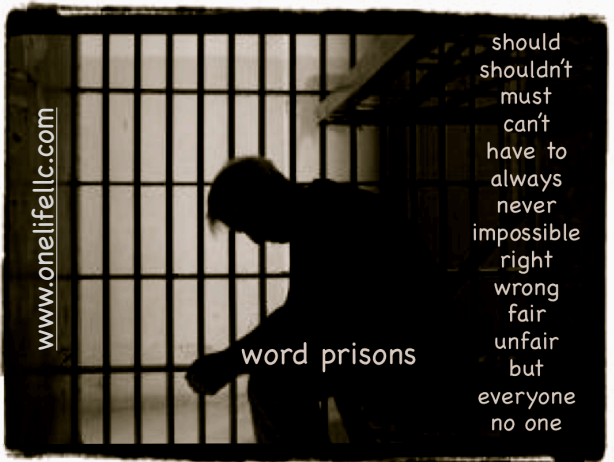


A formula for stuck, lifeless, checked out.



A formula for day-by-day liberation.

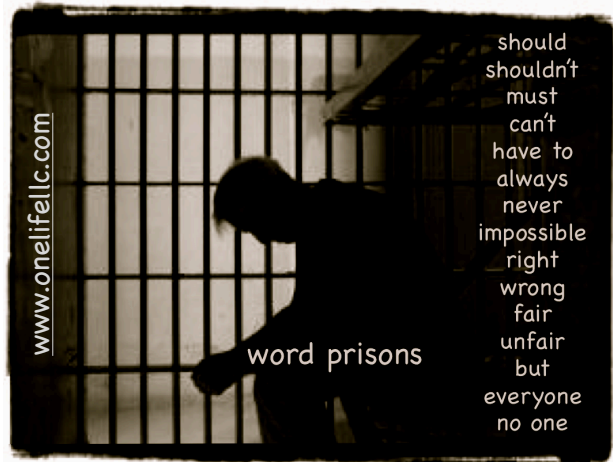




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word prisons

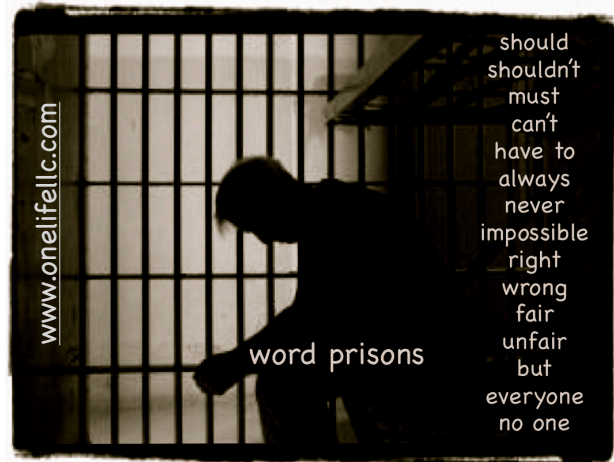
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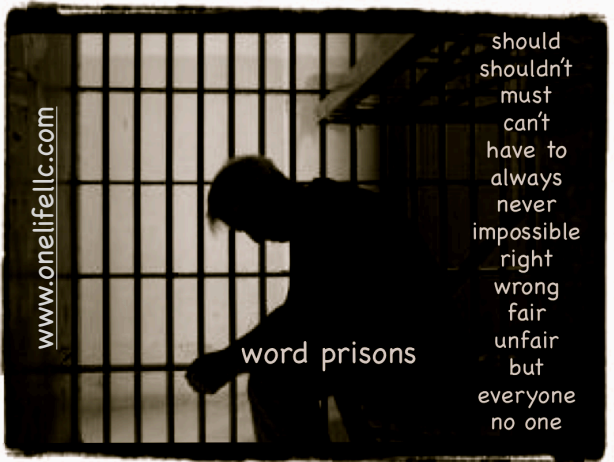
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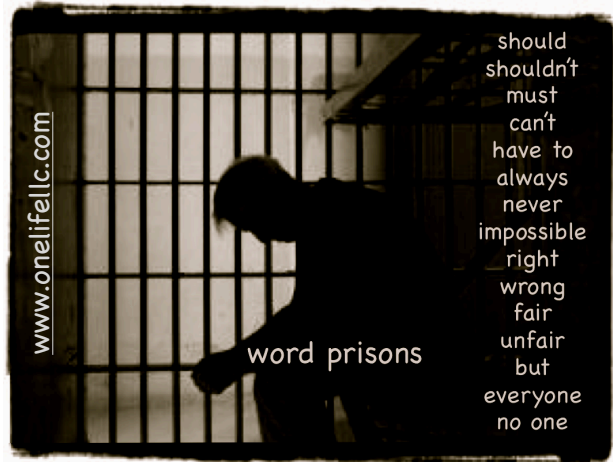
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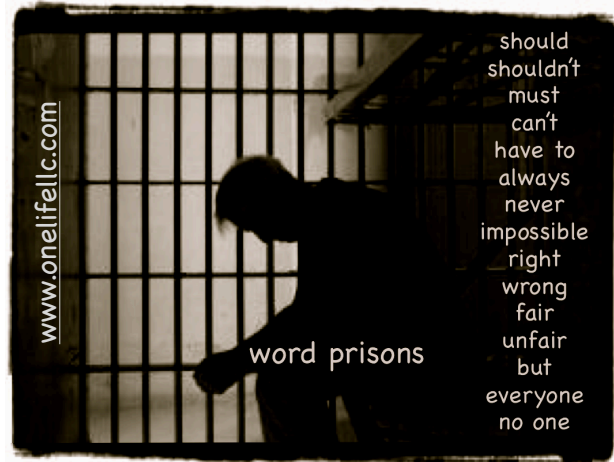
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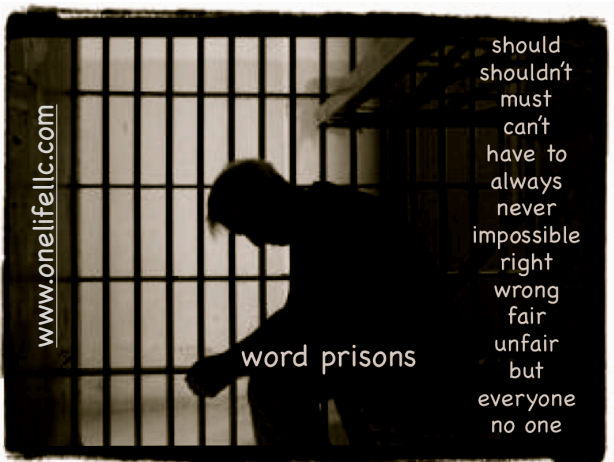
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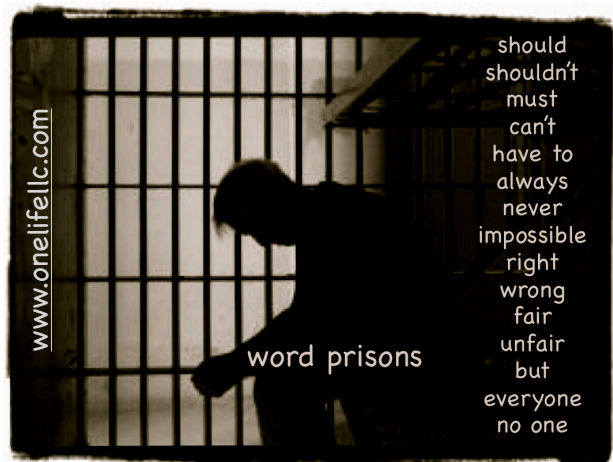
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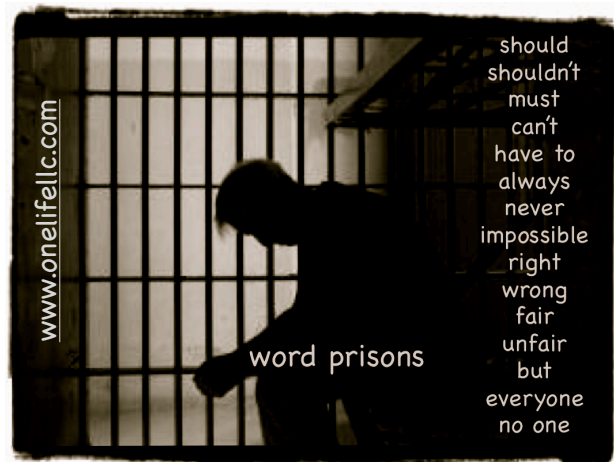
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The One Life Garden: Part 1, sometimes we miss choices

IMAGINE IF YOUR LIFE WERE LIKE A PITCHER OF WATER. Each day, each month, each year, you pour out a certain portion of your life. Like watering a garden, it is worth taking a moment to review what has been watered and what has not been watered, or only watered a bit.

Looking back over the past year, make a mark next to areas where you have poured a lot of you life or just a small amount. Don't let it be just time. Also consider attention, care, and effort.

Before you begin let your eyes go closed, pause for six mindful breaths, then place an X on the line in each area of living. Put it right in the middle if you feel that you are pouring just the right amount of your life into this area. Place the X to the left on the line if you have been pouring a little less or all the way to the left if you have been pouring a lot less than you would like into the area. Do the same to the right depending upon whether you have been putting a little or a lot more of your life into this area than you would like.



The One Life Garden: Part 2, values feeding values

SOMETIMES VALUES SEEM TO CONFLICT WITH ONE ANOTHER. Time devoted to one value may take time away from another value. But values can also enhance and support each other. Learning to do this takes a bit of effort and a shift in perspective.

In the circle on the left, write in a value. Write some of the patterns you would like to cultivate in this area. Also write in some specific practices you could develop in this area.

Close your eyes and imagine that you could be wildly successful in this area. Try to picture yourself engaged in this area of living. Allow yourself to imagine hard work, difficult days, and finally real growth and development. See if there are patterns and practices that could transfer directly or be translated in some altered way to other areas of living.

Write some possible practices and qualities that might enhance the other areas of living. (P.S. If any birds show up while doing this sheet, there is a place for them too!)

Value: _____

Effect: _____

Value: _____

Effect: _____

Value: _____

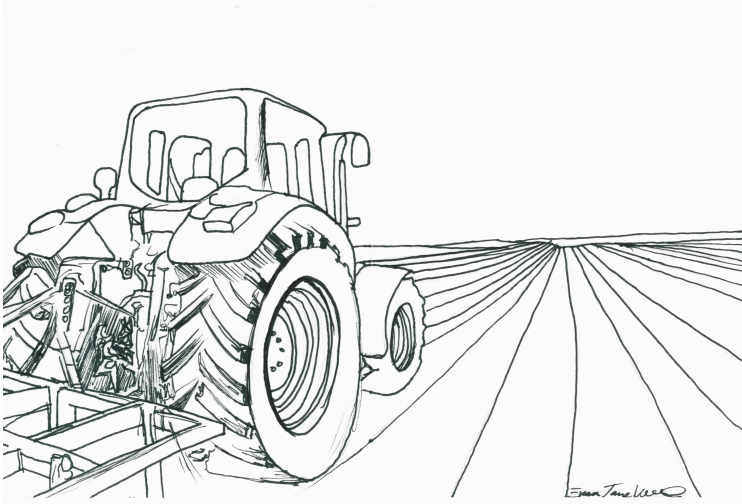
Effect: _____

Value: _____

Patterns: _____

Practices: _____

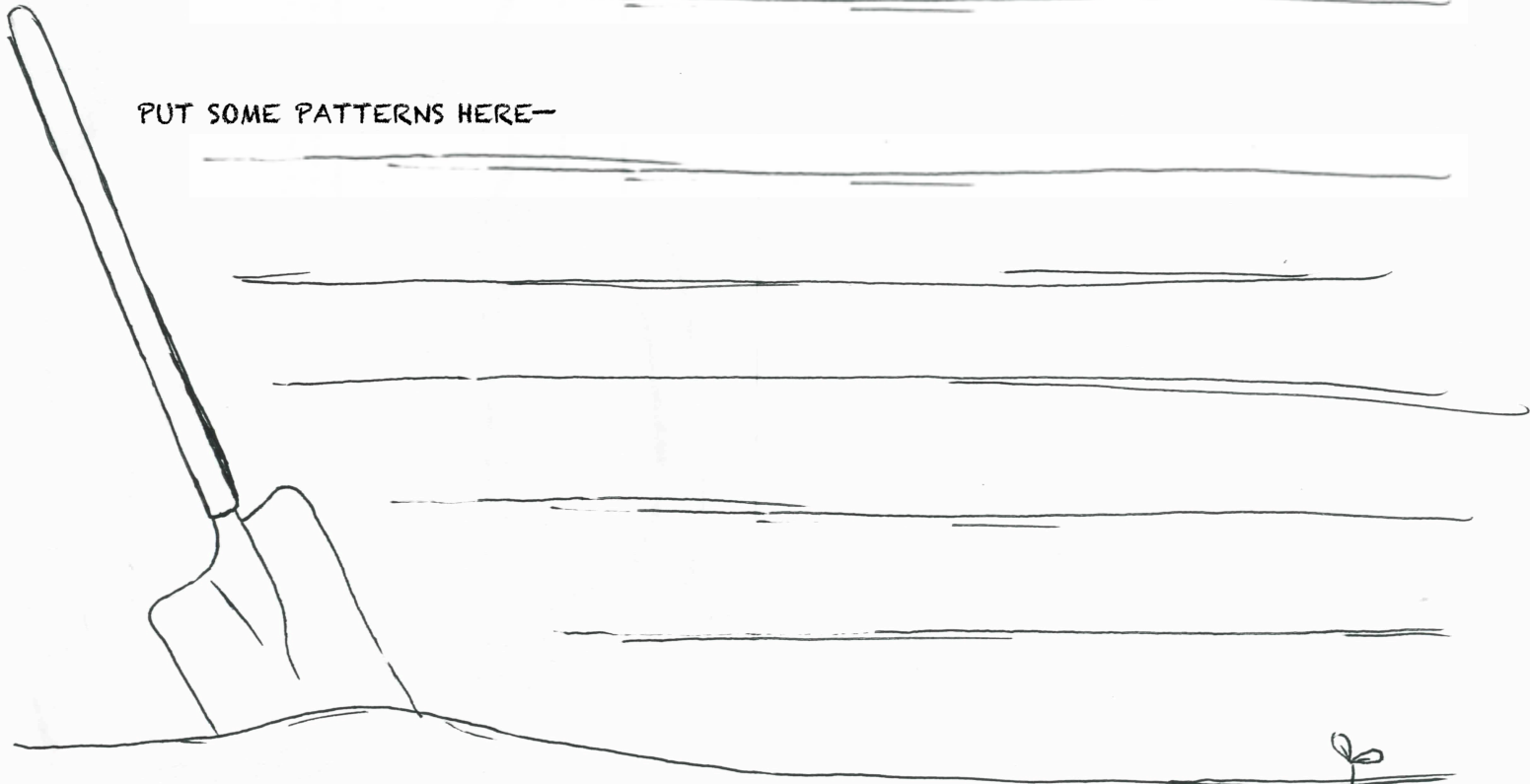
HOW DOES YOUR GARDEN GROW?



For example: **Values:** Being a good father **Patterns:** patient, reliable, kind
(Special Hint: Listen for birds.)

PUT A VALUE HERE—

PUT SOME PATTERNS HERE—



Emma Jane Wilson

BIRDS OF A FEATHER

Chose one of the most difficult thought or emotion and write a short version on the line below (maybe from the Moving Towards and Away Worksheet).

(**Example:** “Whenever I think about my kids, I think about what a failure I have been as a father.” Or, maybe “Nothing ever goes right for me.”)

The trouble is that when we want to take action on some value, hard thoughts often come up. The longer we have been stuck, the harder it gets. Not only that, when one hard thought shows up, it often brings friends!

People say that birds of a feather flock together.

Usually thoughts and emotions like yours have buddies. Notice what happens when you think about taking action.

If words were birds, there would be a flock overhead!

Some of the thoughts may be something-is-wrong-with-me thoughts. Usually these thoughts sound like:

I am _____. Put a check next to each one of these that troubles you. Feel free to add more in the blank lines.

<input type="checkbox"/> I am bad	<input type="checkbox"/> Boring	<input type="checkbox"/> Uncaring	<input type="checkbox"/> Unattractive	<input type="checkbox"/> Broken	<input type="checkbox"/> Too much	<input type="checkbox"/> Awkward
<input type="checkbox"/> Mean	<input type="checkbox"/> Inconsistent	<input type="checkbox"/> Cold	<input type="checkbox"/> Jealous	<input type="checkbox"/> Inadequate	<input type="checkbox"/> Not enough	<input type="checkbox"/> Unlovable
<input type="checkbox"/> Repulsive	<input type="checkbox"/> Clueless	<input type="checkbox"/> Weak	<input type="checkbox"/> Defective	<input type="checkbox"/> Lazy	<input type="checkbox"/> Dumb	<input type="checkbox"/> Unimportant
<input type="checkbox"/> Unreliable	<input type="checkbox"/> Unstable	<input type="checkbox"/> Crazy	<input type="checkbox"/> Needy	<input type="checkbox"/> Jealous	<input type="checkbox"/> Ugly	<input type="checkbox"/> Stuck
_____	_____	_____	_____	_____	_____	_____

These thoughts often hang out with other thoughts. Check any that trouble you.

<input type="checkbox"/> I Should	<input type="checkbox"/> I Always	<input type="checkbox"/> It's impossible	<input type="checkbox"/> It's too late	<input type="checkbox"/> I always fail
<input type="checkbox"/> I Shouldn't	<input type="checkbox"/> I Never	<input type="checkbox"/> It's unfair	<input type="checkbox"/> It's too hard	<input type="checkbox"/> I've tried before
<input type="checkbox"/> I must	<input type="checkbox"/> Everything	<input type="checkbox"/> Everyone but me	<input type="checkbox"/> It's too painful	<input type="checkbox"/> I never follow through
<input type="checkbox"/> Right/Wrong	<input type="checkbox"/> Nothing	<input type="checkbox"/> No one but me	<input type="checkbox"/> It's too much	<input type="checkbox"/> I have to
_____	_____	_____	_____	_____

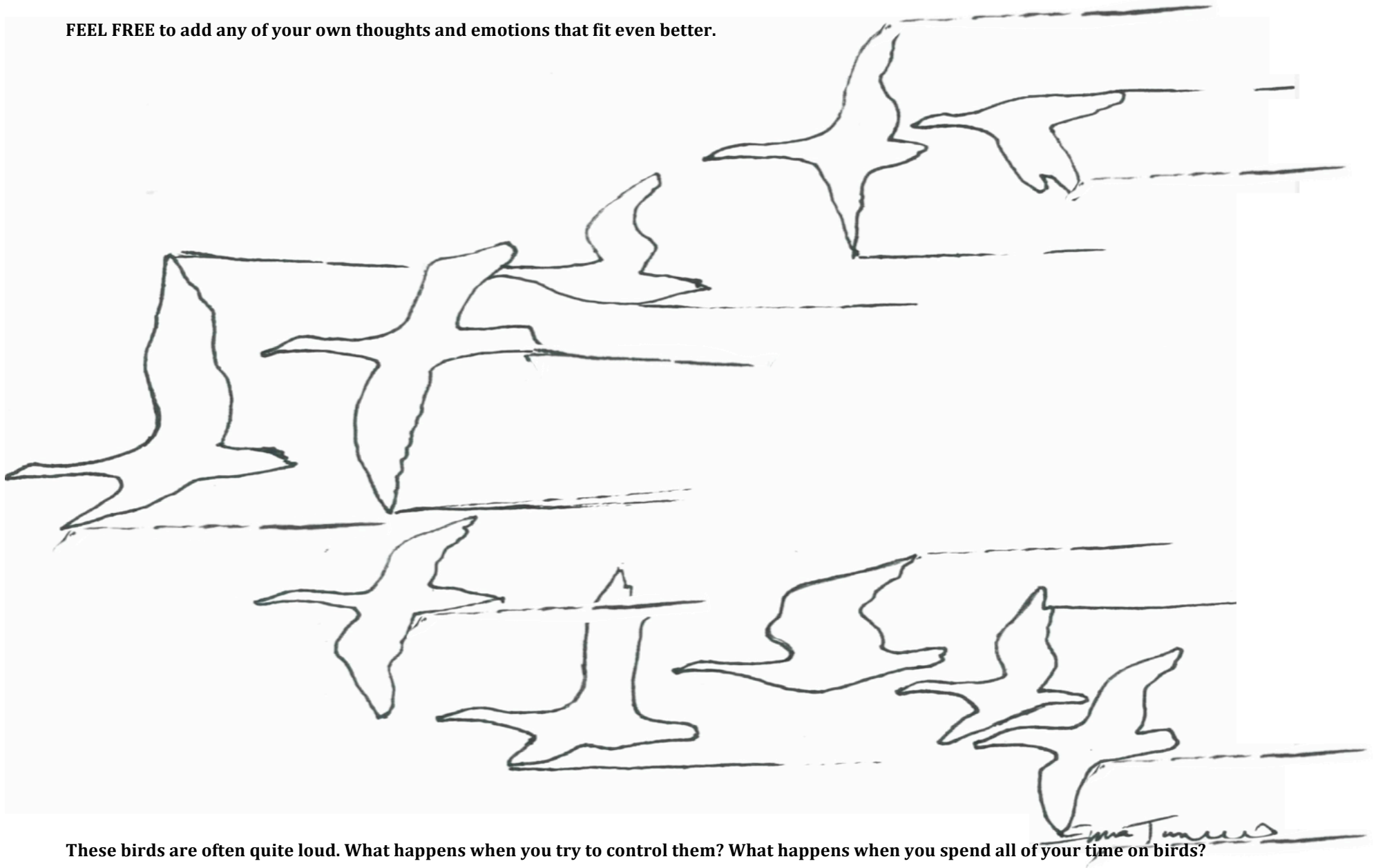
These words also often come with emotions. Check any that trouble you.

<input type="checkbox"/> Sad	<input type="checkbox"/> Anxious	<input type="checkbox"/> Moody	<input type="checkbox"/> Depressed	<input type="checkbox"/> Terrified
<input type="checkbox"/> Angry	<input type="checkbox"/> Nervous	<input type="checkbox"/> Lonely	<input type="checkbox"/> Panicked	<input type="checkbox"/> Frustrated
<input type="checkbox"/> Anxious	<input type="checkbox"/> Numb	<input type="checkbox"/> Afraid	<input type="checkbox"/> Guilty	<input type="checkbox"/> Irritable
_____	_____	_____	_____	_____

BIRDS OF A FEATHER

BELOW YOU WILL FIND a flock of birds. Put the name of your hardest thought or emotion next to the leading bird. Name some of the other birds that often fly along with this bird. Write the words next to some of the birds.

FEEL FREE to add any of your own thoughts and emotions that fit even better.



These birds are often quite loud. What happens when you try to control them? What happens when you spend all of your time on birds?

THE PANTRY OF MY LIFE: STOCKING THE SHELVES

Let each jar contain a ***specific action*** that you could take that would be part of the pattern. ***Remember, to think small. Sometimes very small things can be very important and meaningful!***



Public World

things done (and not done) to ease unwanted experience?



something bold

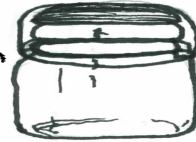


coming back



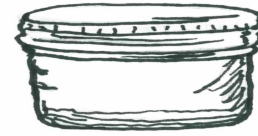
patterns of valued acts

the smallest steps

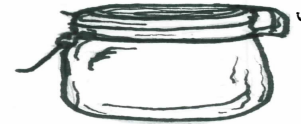


assume possibility

something kind



including stillness



preparing for success



something brave



another chance



Away ←

→ Towards

unwanted inner experience?

what is most important to you?

Emma Jane Wilson

World Within