



Fostering Psychological Flexibility

6 CORE PROCESSES TO HELP YOU AND YOUR FAMILY THRIVE

June 10 , 2021

 Diana Hill PhD



Today's Talk

HIGHLIGHTS AND PRACTICES

What is Psychological Flexibility?

The Six ACT Core Processes

- Being Present
- Acceptance
- Cognitive Defusion
- Perspective Taking
- Values
- Committed Action



But wait!
Can I get the slides?



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Who am I?

DIANA HILL

PSYCHOLOGIST

Psychological flexibility guide. I aim to help people grow values-rich lives.

HUMAN

Mom, friend, daughter, yogini, homesteader,
podcaster

@drdianahill #ACTdailywithDiana



Nice to meet you.

WHAT IS IT THAT YOU CARE ABOUT THAT BROUGHT YOU HERE?





Painting the Golden Gate Bridge

@drdianahill #ACTdailywithDiana



Stuck in the same spots?

Forget to take in the view?

Wonder if you're cut out for the job?

Don't know what direction to head?

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I'll be feel better when...

I'm done with school

I have a life partner

I have kids

I lose weight

My kids sleep through the night

Things get back to normal

I'm less busy

My house is clean

WHAT'S YOUR IF/THEN/WHEN?



What If...

You could start living a
rich and meaningful life
today?



Be present

Step back from critical thoughts

Open and Allow

Take in the View

Know what parts matter


Stick with the Process



How do you want
to paint the bridge of your life?




THE ONE GUARANTEE.
Life is uncomfortable.

A vertical decorative bar on the left side of the page, featuring a light blue background with a darker blue pattern of stylized leaves and branches.

You're even more likely to
experience discomfort
when you engage in
activities that matter to
you.

-ACT DAILY JOURNAL




What is Psychological Flexibility?

Steven Hayes (2020)

"The ability to feel and think with openness, to attend voluntarily to your experience of the present moment and to move your life in directions that are important to you."

Benji Schoendorff (2021)

"Being able to do what matters no matter what."



What is Psychological Flexibility?

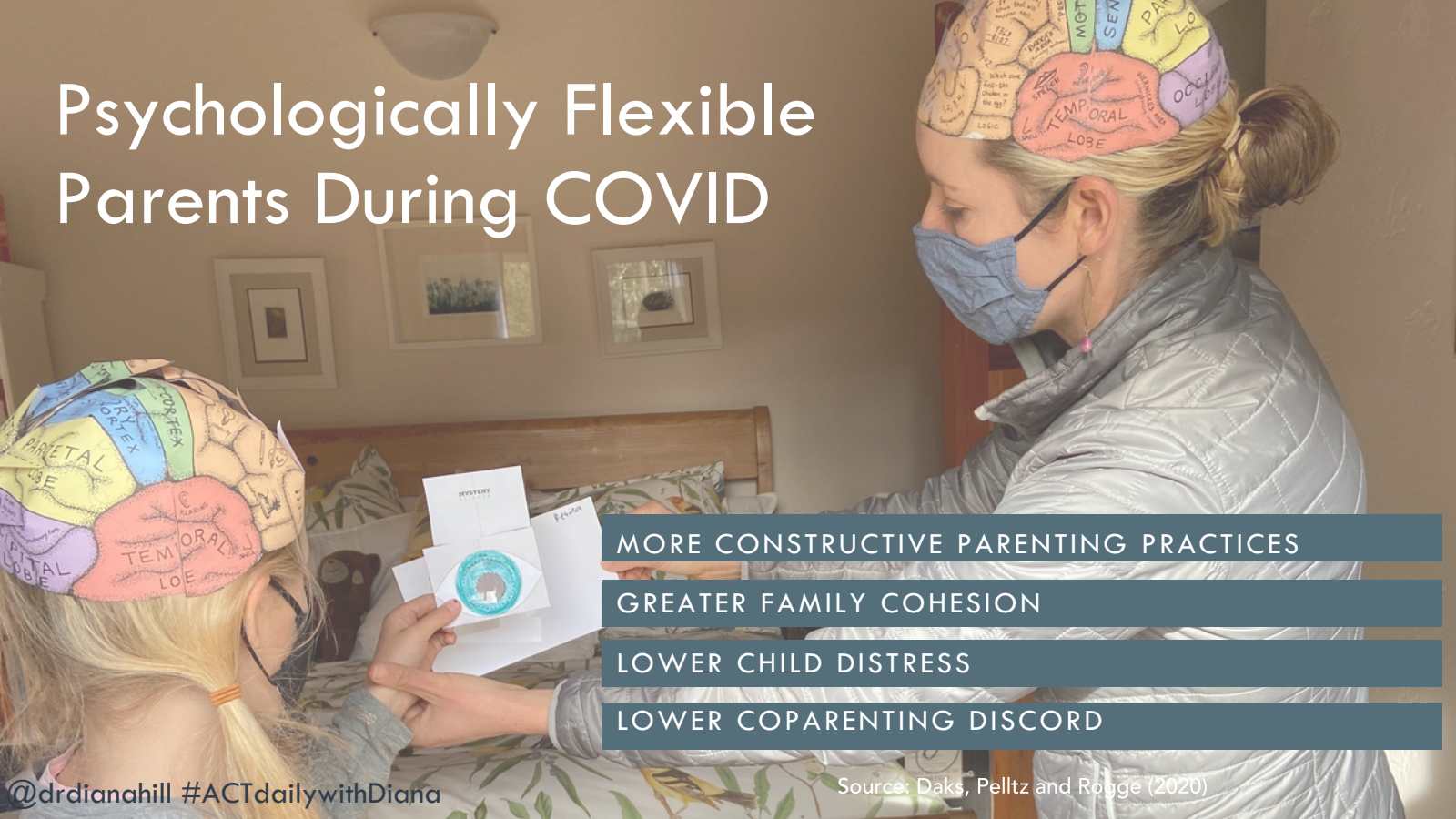
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Psychologically Flexible Parents During COVID



MORE CONSTRUCTIVE PARENTING PRACTICES

GREATER FAMILY COHESION

LOWER CHILD DISTRESS

LOWER COPARENTING DISCORD

What is Psychological Flexibility?

SIMPLY PUT: ACTING DAILY

ALLOW.

be courageous, willing
and open

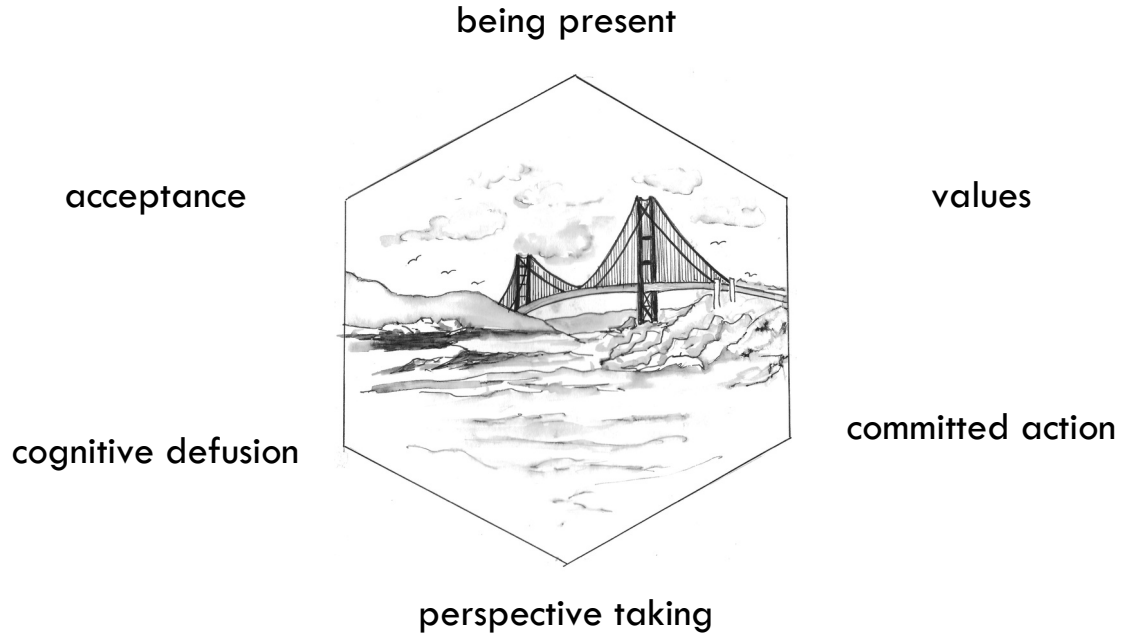
CARE.

orient toward what's
important to you

TAKE A STEP.

make a small move in
the direction of what
you care about

6 Processes of ACT



Benefits of Psychological Flexibility



MENTAL HEALTH

—

- anxiety and stress
- depression
- substance use
- chronic pain
- insomnia
- self-compassion

RELATIONSHIPS

—

- perspective taking
- empathy
- intimacy
- compassion
- effective parenting
- prosocial action

RESILIENCE

—

- distress tolerance
- grief and loss
- burn out
- post traumatic
- growth

PERFORMANCE

—

- work performance
- athletic
- performance
- healthy behaviors
- your chess game

6 Processes of ACT

1. being present





Being Present: Where would you like to be more present in your life?



Being Present Practice

TWO EYES IN

Notice the world inside you (thoughts, sensations, emotions)





Being Present Practice

TWO EYES IN

Notice the world inside you (thoughts, sensations, emotions)

TWO EYES OUT

Notice the world outside you (people, places, things)



Being Present Practice

TWO EYES IN

Notice the world inside you (thoughts, emotions, sensations)

TWO EYES OUT

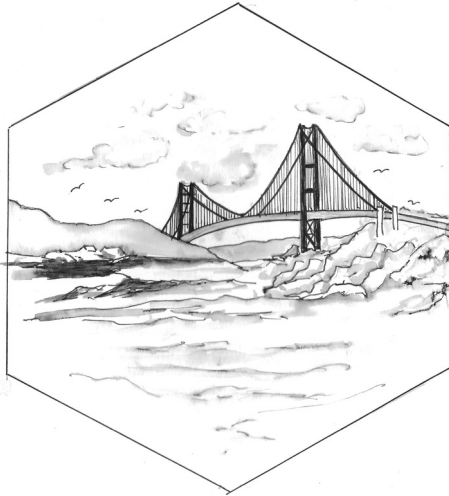
Notice the world outside you (people, places, things)

ONE EYE IN + ONE EYE OUT

Stay aware of what is happening inside, while engaging with the world outside

6 Processes of ACT

1. being present



2. values

Values: Tuning In to What Matters



WHAT ARE VALUES?



qualities of how we live our life

acting in ways that feel consistent with
the person we want to be in the world



WHAT ARE VALUES?

This not That

ABOUT MEANING

COMFORT AND PLEASURE



WHAT ARE VALUES?

This not That

ABOUT MEANING

COMFORT AND PLEASURE

MAKE YOU VULNERABLE

PROTECT YOU FROM PAIN

Values and Pain: Joined at the Hip



"YOU HURT WHERE YOU CARE,
AND YOU CARE WHERE YOU
HURT."

-STEVEN HAYES, CO-FOUNDER OF ACT





WHAT ARE VALUES?

This not That

ABOUT MEANING

COMFORT AND PLEASURE

MAKE YOU VULNERABLE

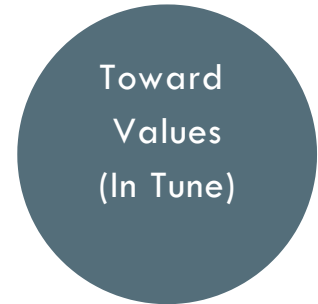
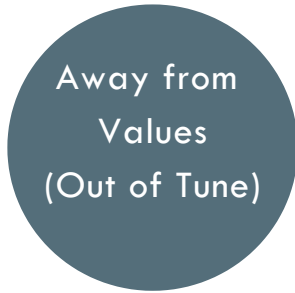
PROTECT YOU FROM PAIN

A LIFE DIRECTION

END POINTS

Towards and Away

EVERY MOMENT IS A CHOICE POINT

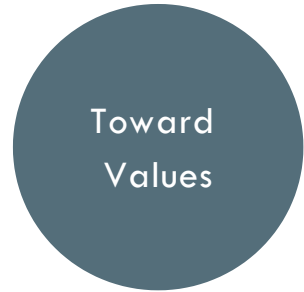


Tuning In To Tune-Up

WE ALL GET OUT OF TUNE



Cues you are out of tune:
Regret, longing, jealousy,
pain of missing out



Cues you are in tune:
Vitality, something deeply
resonates within



WHAT ARE VALUES?

This not That

ABOUT MEANING

COMFORT AND PLEASURE

MAKE YOU VULNERABLE

PROTECT YOU FROM PAIN

A LIFE DIRECTION

END POINTS

PERSONAL AND CHOSEN

MORALS AND SHOULD



You don't have to be
told what to value.

Be curious and find
things of value for
yourself.

VALUES

Julie Bogart

**There is a
rediscovery
that learning
is an inherent**

 **Diana Hill** PhD

drdianahill.com

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WHAT ARE VALUES?

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PERSONAL AND CHOSEN

MORALS AND SHOULD

INHERENTLY REWARDING

GOLD STARS



WHAT ARE VALUES?

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INHERENTLY REWARDING

GOLD STARS

QUALITIES OF BEING

DOMAINS



DOMAINS



Family

Friends

Spirituality

Health

Leisure

Work/Education

Environment/Community

Creative Expression

Physical Self-Care

Romantic Relationships

VALUES



Compassionate

Courageous

Curious

Fair

Funny

Generous

Hardworking

Responsible

Humble

Independent

Loving

Loyal

Kind

Open

A vertical decorative strip on the left side of the slide featuring a blue floral pattern with various leaf and branch shapes on a lighter blue background.

Values Practice

Pick a domain that is a little out of tune

Family

Friends

Spirituality

Health

Leisure

Work/Education

Environment/Community

Creative Expression

Physical Self-Care

Romantic Relationships

On a scale from 0-10



Adapted from the Valued Living Questionnaire (Wilson et al., 2010)

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What could you do to close the gap?



Adapted from the Valued Living Questionnaire (Wilson et al., 2010)

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Values Practice

TUNE IN:

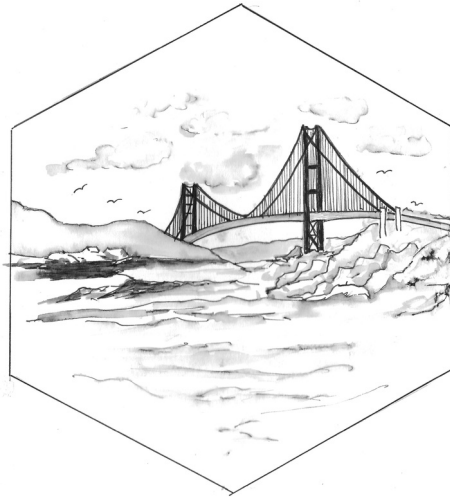
Notice. What does it sound like and look like when you are in line with your values?

TUNE UP:

How might you live more in tune with your values today?

6 Processes of ACT

1. being present



3. acceptance

2. values

3. Acceptance



A vertical decorative strip on the left side of the slide, featuring a repeating pattern of stylized blue leaves and branches on a light blue background.

Most common therapy requests

I want to stop thinking...

I want to stop feeling...

I want to stop remembering...



**My Response:
I can't help with that.
But I can help you...**

Let go of fixing

Make room for feeling

Find the Values under your Pain

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A vertical decorative strip on the left side of the slide features a blue floral pattern with various leaf and branch motifs on a lighter blue background.

Acceptance



DIFFICULT TEAMS

T: Thoughts

E: Emotions

A: Action Urges

M: Memories

S: Sensations

What do you want to not
think about, feel, or remember?



Experiential Avoidance

WHAT HAVE YOU TRIED?



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Experiential Avoidance Strategies

NUMBING

Do you overeat, restrict food, drink, use substances, overexercise?

BRACING

Do you tense up, clench your jaw, tighten your belly, hold your breath?

DISTRACTING

Do you fantasize, try and not think, overuse technology, multi-task?

GIVING UP

Do you avoid signing up, isolate, sleep too much, say no, cancel, or hide?

RUSHING THROUGH

Do you overwork, stay constantly busy, strive for more, talk quickly, move quickly through life?

OVERTHINKING

Do you intellectualize, problem solve, ruminate worry, or overanalyze?



Experiential Avoidance Roundabout



When turning away from pain

Also turns you away from values

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Acceptance Practice

Body: Gently contact, allow, make space

Mind: Get curious, Say 'yes' to what is

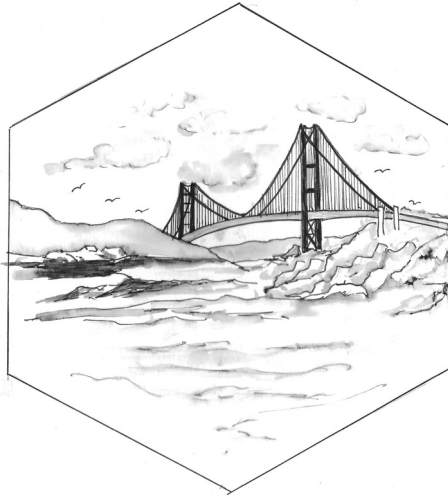
Behavior: Take action toward values, even if it's uncomfortable

6 Processes of ACT

1. being present

3. acceptance

2. values



4. cognitive defusion



4. Cognitive Defusion



Cognitive Fusion

HOOKED BY UNHELPFUL THOUGHTS

Self-Criticism

Comparisons

Judgments and Opinions

"Shoulds"

Rules

Being Right



Cognitive Defusion

NOTICE YOUR CROWING MIND

What has your mind been crowing about during this talk? What is it saying now?



Cognitive Defusion

CHANGE YOUR RELATIONSHIP WITH YOUR
INNER ROOSTER

Your Mind: Cock-a-doodle-doo!

You: Thank you Rooster!



Cognitive Defusion

DELITERALIZE THOUGHT

Type out one comparison or judgement your mind makes about you...with your pinkies!

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Cognitive Defusion Practice

NOTICE YOUR THOUGHTS

CHANGE YOUR RELATIONSHIP WITH
THOUGHTS

DELITERALIZE THOUGHTS

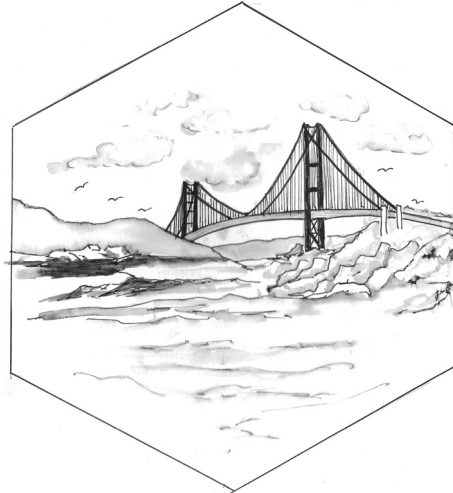
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6 Processes of ACT

1. being present

2. values

3. acceptance



4. cognitive defusion

5. perspective
taking

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5. Perspective Taking





Spotting Inflexible Stories

I AM...

I NEVER...

I ALWAYS...

I DON'T...

I CAN'T...



Spotting Inflexible Stories

YOU ARE...

YOU NEVER...

YOU ALWAYS...

YOU DON'T...

YOU CAN'T...



Boxed in by Stories

YOU MISS OUT ON NOW

YOU IGNORE CONTEXT

INFLEXIBLE BEHAVIOR

CONFIRMATION BIAS

INTERFERES WITH EMPATHY

DISCONNECTS YOU FROM A GREATER WHOLE

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Perspective Taking

HOW OLD IS YOUR SELF-STORY?

MY AGE

MY STORY'S AGE

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Perspective Taking

ON YOUR STORY

1. NAME YOUR STORY "THAT'S MY BAD EGG STORY"

2. SAY IT OUT LOUD "THIS IS DIANA, CAUGHT IN MY BAD EGG STORY."

3. LOOK THROUGH DIFFERENT EYES

A close-up photograph of a brown egg with a simple black smiley face drawn on it. The egg is nestled in a small, woven blue basket. It is surrounded by other brown eggs in a standard egg carton. The lighting is soft, highlighting the texture of the eggshells and the fibers of the basket.

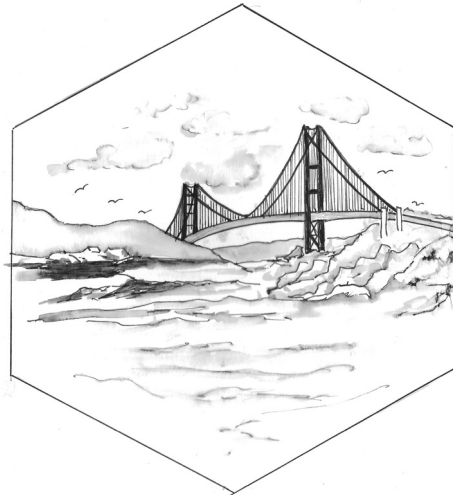
You are more than
the stories your
mind creates

6 Processes of ACT

being present

acceptance

values



cognitive defusion

committed action

perspective taking

6. Committed ACTION



Committed Action



FEELS LIKE THIS

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Committed Action



TAKING ACTION

CONNECTING TO VALUES

EVEN IN THE FACE OF
OBSTACLES

(MORAN, 2018)

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Committed Action

LOOKS LIKE THIS





Committed ACTION



MOTIVATE WITH VALUES

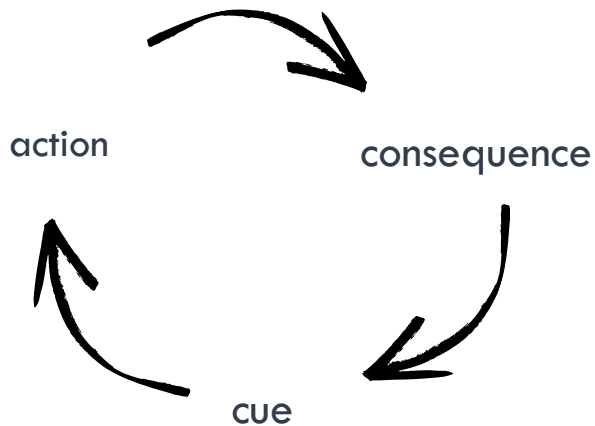
FOCUS ON ACTION OVER
OUTCOME

MAKE SMALL DAILY MOVES

USE BEHAVIORAL SCIENCE

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Daily Habits



Values-Rich Daily Habits



values-rich
action



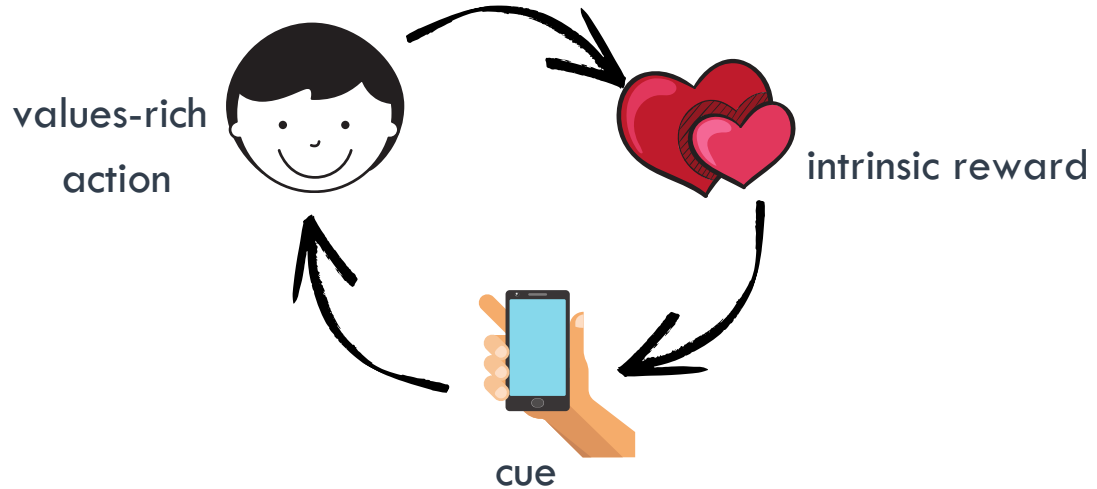
intrinsic reward



cue

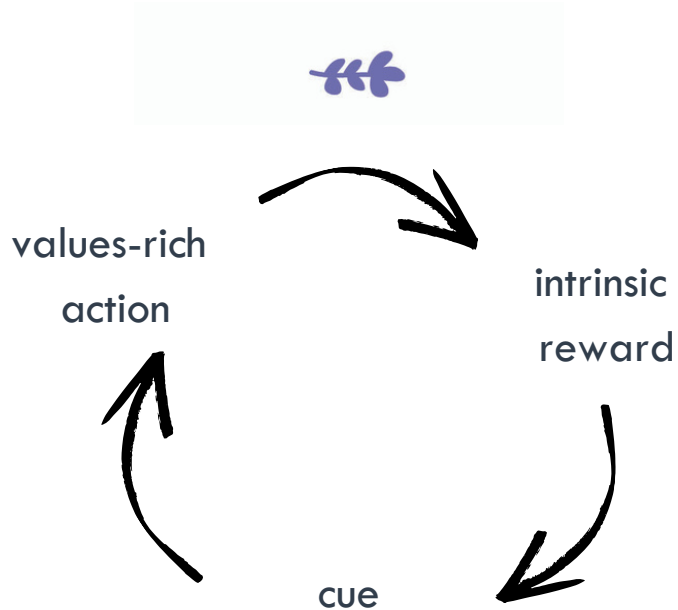
6. Committed Action

VALUES-RICH DAILY HABITS



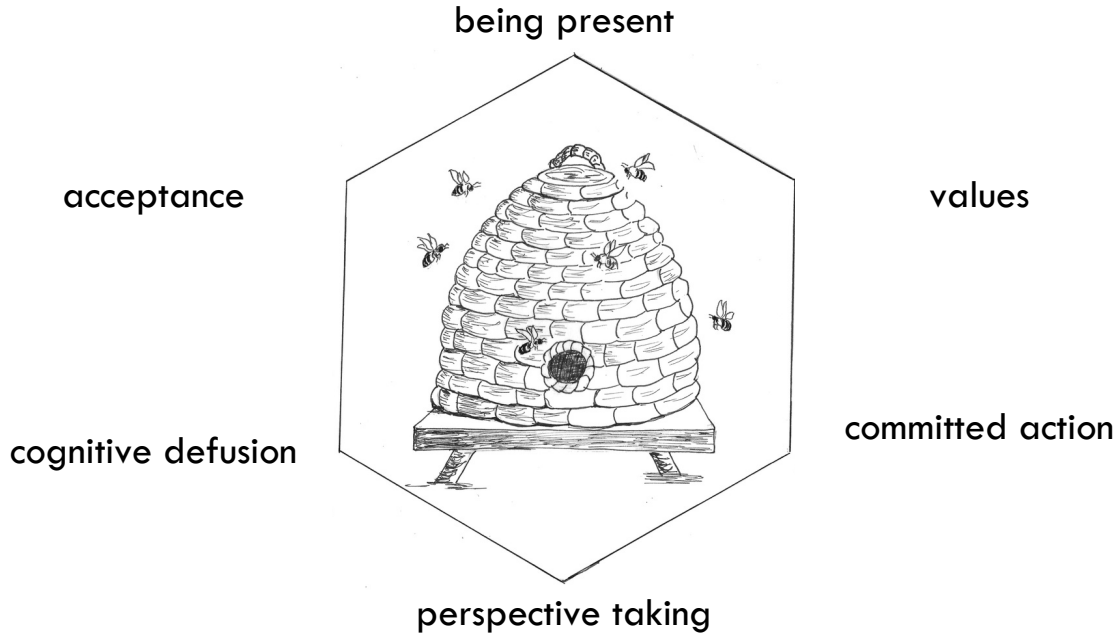
Committed Action Daily

GROW VALUES-RICH HABITS DAILY



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6 Processes of ACT Daily





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CURIOSITY AND COLLABORATION

Julie Bogart

**If you take
seriously the
curiosity of the
child and that**



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CLOCK PODCAST

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