

# What Is Psychological Flexibility?

InsightTimer

Created in collaboration with licensed clinical psychologist, Dr. Diana Hill

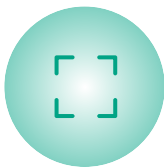
Do you feel like you're running into the same problems over and over, no matter how hard you try? Or maybe you're overwhelmed by thoughts and feelings that keep coming back? Perhaps you want closer relationships, to feel more engaged at work, or to eat better and exercise but can't seem to keep your momentum going.

Acceptance and Commitment Therapy (ACT) is designed to help you work through internal barriers—difficult thoughts, intense sensations, or low motivation—that block you from moving toward what truly matters to you and build the life you want.

The primary goal of ACT is to help you become more psychologically flexible. That means:



You know what matters most, moment to moment



You can create space for difficult thoughts and feelings



You are present and engaged



You put your energy toward building a life that had meaning and vitality

There have been over 1,000 randomized controlled trials on ACT and the science behind it is pretty astounding. Research shows that individuals who are psychologically flexible:



Have deeper, more connected relationships



Cope more effectively with stress



Better manage chronic pain



Find meaning in grief and loss



Parent more effectively

## The Six Core Processes Of Psychological Flexibility

You can think of psychological flexibility like a Rubik's cube with six sides. They work together to support you in flexibly responding to life's challenges:



**Values:** Knowing what matters most to you



**Acceptance:** Opening to what is



**Cognitive Defusion:** Stepping back from thoughts



**Perspective Taking:** Taking a broader view



**Being Present:** Having flexible attention to the here and now



**Committed Action:** Taking action in the direction of your values

### Journal Practice:

Use your Insight Timer Journal to reflect on the following questions:

1. What is something that is bothering you most right now in your life right now? When you are flexible in your response, what do you do? What about when you are inflexible?
2. If you could wave a magic wand and have all of your problems solved, what would you do that you aren't doing now?

### Insight Timer Practice:



[Rethink Your Mental Health](#)



[Putting ACT Into Your Daily](#)

### ACT Daily Practice:

Today, notice how you respond when life is uncomfortable. Practice psychological flexibility by coming back to the present moment and remembering what you care about most.