

# What is Acceptance and Commitment Coaching?



# Introducing ACC

*The evidence-based approach that helps overthinkers actually move forward*

If you've tried positive thinking, challenging or suppressing your thoughts, or making endless pros and cons lists - and you're still stuck - there's a reason.

**Those approaches treat your overthinking as the problem.**

**Acceptance and Commitment Coaching (ACC) offers a different approach: You don't need to stop overthinking to move forward.**

ACC is an evidence-based approach that supports individuals to build psychological flexibility.

Psychological flexibility is defined as:

 **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, building habits that allow you to live life in accordance with your values and aspirations.**



(Hayes, 2019)

# The 6ix components

*Psychological Flexibility - Your way out of analysis paralysis*

At the heart of ACC is Psychological Flexibility. It isn't one thing; it's 6ix interconnected skills that work together. Coaching with GU6ix helps you develop these skills so that you can move toward what matters, despite your overthinking tendencies.



# The 6ix components

*Psychological Flexibility - Your way out of analysis paralysis*

## 01 COGNITIVE DEFUSION

Creating distance from your thoughts by viewing them as words, rather than as facts.

**For overthinkers:** “I’m having the thought I’ll fail” is very different from “I’ll fail”. The former creates some space, the latter keeps you trapped.

## 02 ACCEPTANCE

Making room for uncomfortable feelings (uncertainty, fear, doubt) instead of using overthinking to avoid such feelings.

**For overthinkers:** You use endless analysis to avoid discomfort. Acceptance helps you feel it without being controlled by it, allowing you to move forward.

## 03 PRESENT MOMENT AWARENESS

Consciously being in the here and now, rather than operating on ‘autopilot’ or focusing on thoughts about the past or the future.

**For overthinkers:** Present moment contact breaks the rumination or worry by anchoring you in what’s actually happening, not what your mind says might be happening.

# The 6ix components

*Psychological Flexibility - Your way out of analysis paralysis*

## 04 SELF-AS-CONTEXT

Recognising you are not your thoughts or feelings and that you can be the observer of your thoughts (the observing self).

**For overthinkers:** When you realise you are more than any single thought or feeling, they lose their grip on you and their power to keep you stuck.

## 05 VALUES

Clarifying what truly matters in life and using this clarity when every option seems equally good or equally scary.

**For overthinkers:** Replaces “what should I do?” with “what aligns with my values?” Decisions become easier when you know your direction in life.

## 06 COMMITTED ACTION

Taking meaningful steps towards what matters, despite the uncertainty, doubt, or worry still being present.

**For overthinkers:** Rather than waiting for your thoughts or feelings to disappear, you take action and move forward anyway in honour of your values and what's important.

# The benefits of ACC

*What the science says...*

Greater psychological flexibility has been demonstrated to:

- ✓ Improve psychological well-being and reduce anxiety / depression (Kashdan & Rottenberg, 2010).
- ✓ Increase goal-related thinking and improve goal-attainment (Skews, 2018).
- ✓ Reduce burnout and improve employee wellbeing (Lloyd, Bond, & Flaxman, 2013).
- ✓ Improve adaptability during organisational change (Bond, Flaxman, & Bunce 2008)

More generally, increased psychological flexibility is shown to help individuals know what matters to them, spend less energy on avoiding uncomfortable thoughts and feelings, and spend more energy on identifying and acting upon opportunities that will move them forward.

# Ready to build your Psychological Flexibility?

You can't think your way out of overthinking. But you can learn the skills to take action despite it.

That's what psychological flexibility gives you:

**The ability to move forward with your life while your mind does what the mind does.**

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EXPLORE  
COACHING

Thank you for downloading. I hope you found it educational.

If you are curious to know whether ACC is right for you, or you are interested in working together, please reach out.

*Shona*



# References

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