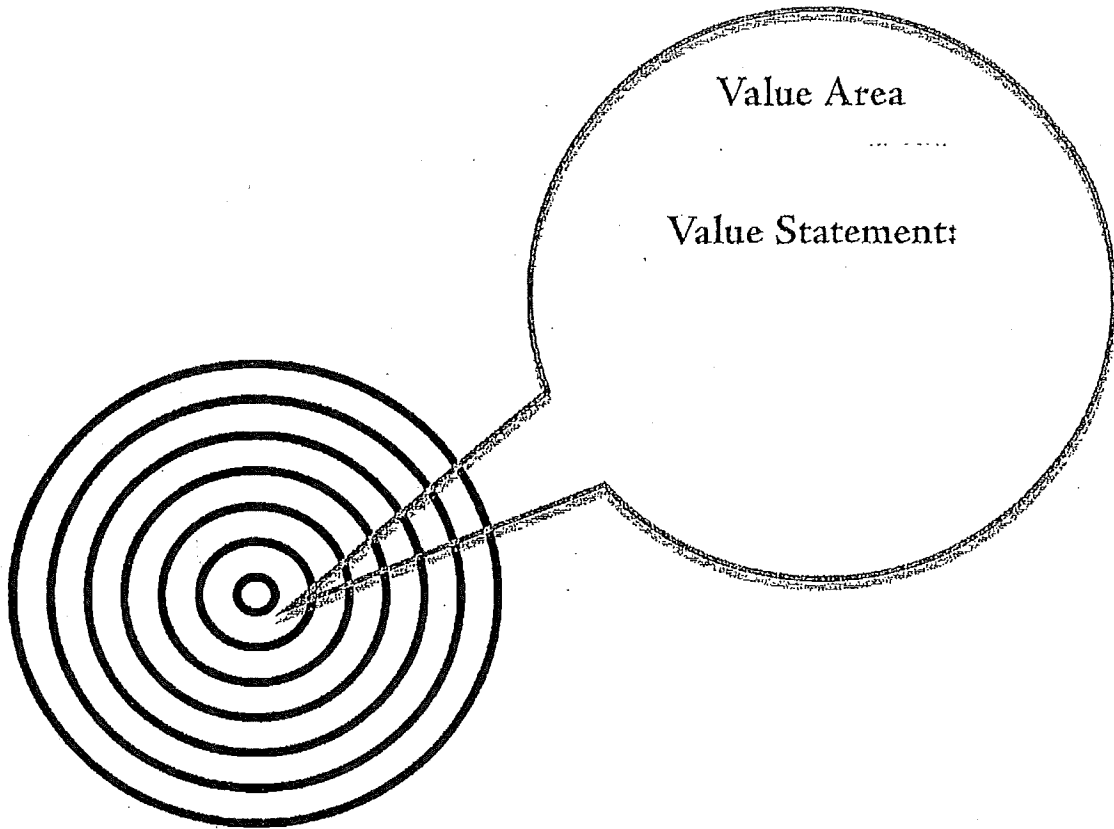


Bulls-Eye Worksheet



1	2	3	4	5	6	7
Not Consistent	Slightly Consistent	Somewhat Consistent	Consistent	Remarkably Consistent	Very Consistent	Bull's-Eye!

Bulls-Eye Worksheet

Date: _____

Where I am today _____

Where I want to be _____

Action Steps:

- 1.
- 2.
- 3.

What might get in the way:

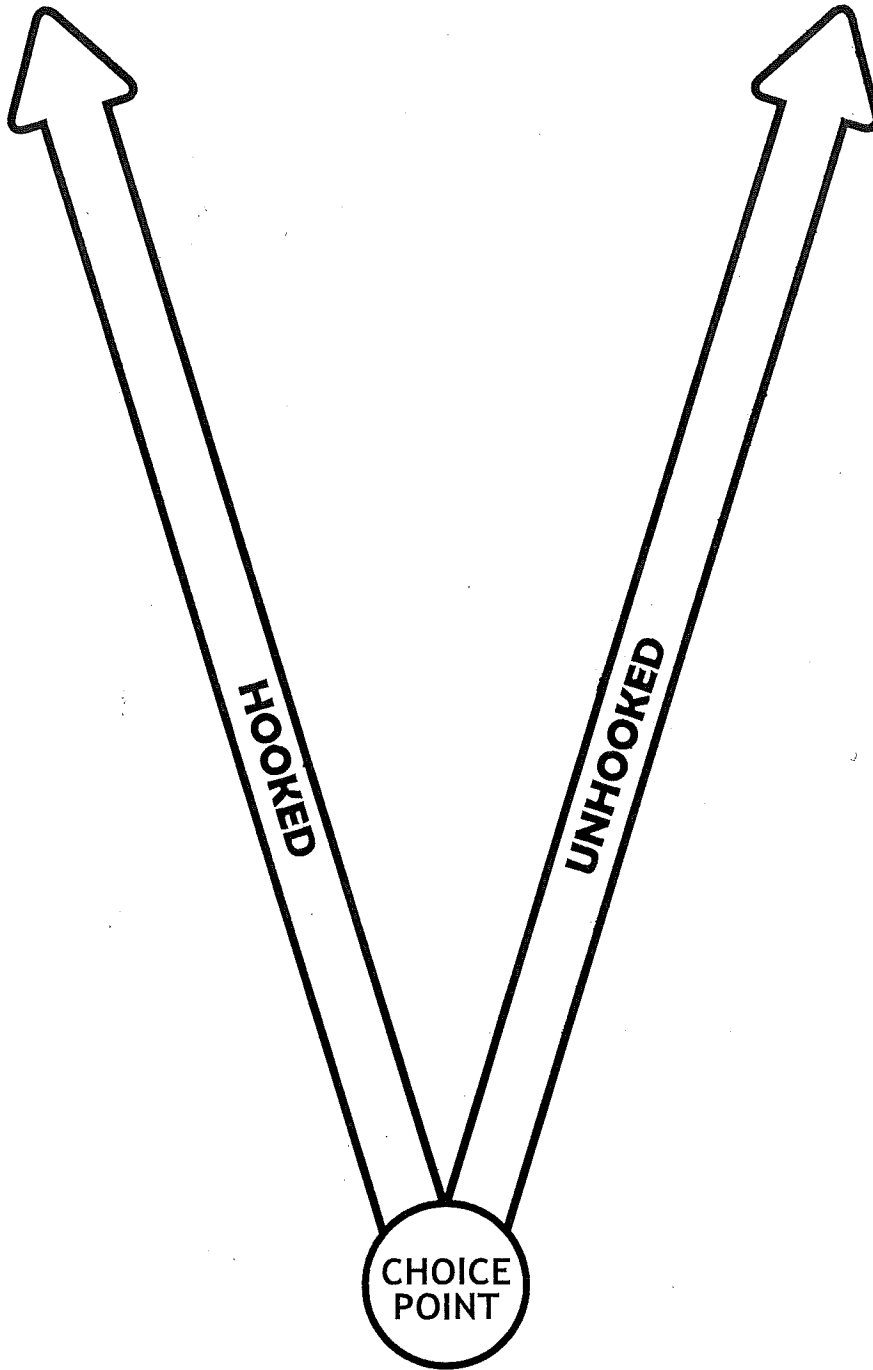
- 1.
- 2.
- 3.

Helpful Tools:

- 1.
- 2.
- 3.

AWAY

TOWARDS



Situation(s)
Thoughts & Feelings

Vignette

Mr. A is an 82 y.o. male PMH significant for diabetes, heart and lung disease (CAD, COPD), severe osteoarthritis and bilateral hearing impairment referred to you by his daughter.

Mr. A presents with vague complaints of “not feeling like myself”.

On brief, informal assessment, Mr. A denies changes in mood, appetite, interest in pleasurable activities, but admits to not being able to do what he used to do.

Mr. A states he sleeps a bit more than usual during the day due to chronic pain and lack of energy, and endorses shortened duration of sleep at night, which he finds somewhat bothersome.

Overall, his goal is to “feel better.”

1. What other assessments might you consider?
2. What is your ACT case conceptualization?
3. What intervention(s) might you consider?
4. What special considerations should you be aware of?
5. What accommodations need to be made?