

Functional Assessment

Instructions:

1. Code at least one Tell or Read for each interval (every 3 mins) and indicate if flexible or inflexible by writing an 'F' or an 'I' next to the Tell/Read
2. *Circle* the core process(es) reflected by the Tells and Reads

Interval	ACT Process	Tells and Reads
1	<u>Open</u> : Accept / Defuse <u>Aware</u> : Now / Self <u>Engaged</u> : Values / Action	
2	<u>Open</u> : Accept / Defuse <u>Aware</u> : Now / Self <u>Engaged</u> : Values / Action	
3	<u>Open</u> : Accept / Defuse <u>Aware</u> : Now / Self <u>Engaged</u> : Values / Action	
4	<u>Open</u> : Accept / Defuse <u>Aware</u> : Now / Self <u>Engaged</u> : Values / Action	
5	<u>Open</u> : Accept / Defuse <u>Aware</u> : Now / Self <u>Engaged</u> : Values / Action	