

Present-Moment Process Narrative Anchors

A SCORE OF 5

The client exhibits connection with his experience in the present moment both when speaking and when listening to another. The pace, rhythm, intonation, volume, and content of the client's speech are fluid and flexible. Pace rhythm, intonation, volume, and content are readily prompted. The client's posture, facial expression, eye contact, and gestures facilitate connection with what the current contents express, on the part of both the client and the listener. Even when the content is focused on the past or on the future, the client is connected with its moment-to-moment expression. Speech content is frequently specific and detailed. The client readily provides specifics and details when prompted, and speech that is uniformly categorical is uncommon. The client gently shifts attention between aspects of his experience, maintaining or quickly regaining his connection with his experience. The client is able to identify when he's not connected to his experience in the present moment, and to precipitate that connection independently. The client reliably reconnects with his experience in the present moment when directly prompted. Worry and rumination are rare.

A SCORE OF 3

The client exhibits inconsistent connection with her experience in the present moment, perhaps having difficulty only when listening or only when speaking. The pace, rhythm, intonation, volume, or content of the client's speech may sometimes shift into stereotypy. Instructing change from stereotypies is possible, but shifts back to stereotypies are common. The client's posture, facial expression, eye contact, or gestures sometimes prevent connection with the listener. The client sometimes has difficulty staying connected in the present moment with expression of content, especially when content is focused on the past or the future. Speech is frequently categorical and lacking in specific and detailed content. The client responds to directions to provide specifics and details, but her speech frequently shifts back to categorical mode. The client sometimes perseverates on particular aspects of her experience and may sometimes shift attention abruptly, losing connection with her experience. The client usually reconnects with her experience in the present moment when directly prompted but rarely notices when she's not connected. The client is unlikely to reconnect without prompting. Worry and rumination are somewhat common.

A SCORE OF 1

The client exhibits almost no connection with his experience in the present moment, either when listening or when speaking. The client's speech almost always takes on marked stereotypy with respect to pace, rhythm, intonation, volume, or content. The client's posture, facial expression, eye contact, and gestures almost always prevent connection with the listener. The client almost always has difficulty staying connected with expression of content that is focused on the past or the future. Speech is almost always categorical and lacking in specific and detailed content. Response to directions to provide specifics and details are short-lived, and his speech almost always shifts back to categorical mode. The client almost always perseverates on particular aspects of his experience, and shifts are almost always abrupt. The client rarely reconnects with his experience in the present moment when directly prompted, and may actually become more disconnected. Worry and rumination are common.

Present-Moment Process Abbreviated Anchors

	1	2	3	4	5	
Speech stereotyped and insensitive to instruction for pace and content	1 ←————→ 5					Speech fluid and sensitive to instruction for pace and content
Physical presentation takes away from connection	1 ←————→ 5					Physical presentation adds to connection
Worry and rumination common	1 ←————→ 5					Worry and rumination rare
Perseverates and shifts abruptly	1 ←————→ 5					Shifts attention easily and gently
Categorical speech common, details difficult to elicit	1 ←————→ 5					Categorical speech uncommon, details readily elicited
Doesn't notice when not present	1 ←————→ 5					Notices when not present
No change or less present with direction	1 ←————→ 5					More present with direction

Self Process Narrative Anchors

A SCORE OF 5

The client describes and experiences herself in a variety of ways without being attached to any particular diagnosis, symptom, thought, emotion, positive or negative self-evaluation, social role, personality trait, physical characteristic, or other conceptualization, independent of its veracity or falsity. The client transitions easily and appropriately from one content area to the next as the situation demands. This flexibility among self-conceptualizations fosters contact with an experience of herself apart from those conceptualizations. The client is able to contain and readily connect with any aspect of experience even when content is difficult. She can readily take different perspectives when prompted and may take different perspectives spontaneously.

A SCORE OF 3

The client describes and experiences himself in a variety of ways but frequently becomes attached to particular diagnoses, symptoms, thoughts, emotions, positive or negative self-evaluations, social roles, personality traits, physical characteristics, or other conceptualizations, especially when content is difficult. The client sometimes has difficulty transitioning among content areas as the situation demands, even when prompted, and may act ineffectively in certain situations as a result. The client rarely contacts a sense of himself apart from self-conceptualizations. The client sometimes allows conceptualizations of himself to limit activities. He can take different perspectives with difficulty when prompted and rarely takes different perspectives spontaneously.

A SCORE OF 1

The client describes and experiences herself in very limited ways, and repeatedly becomes attached to particular diagnoses, symptoms, thoughts, emotions, positive or negative self-evaluations, social roles, personality traits, physical characteristics, or other conceptualizations with little or no awareness of self independent of that which is currently occupying her awareness. The client rarely transitions among content areas as the situation demands, even when prompted, and often acts ineffectively as a result. The client's activities are severely limited by conceptualizations of herself. She can't take different perspectives even when prompted and doesn't take different perspectives spontaneously.

Self Process Abbreviated Anchors

	1	2	3	4	5	
Experience of self constrained and in only limited domains	1 ←————→ 5					Experience of self flexible and broad
Frequently gets stuck in content areas	1 ←————→ 5					Transitions easily among content areas
No experience of self apart from content	1 ←————→ 5					Experiences self apart from content
Rarely able to shift perspectives	1 ←————→ 5					Readily able to shift perspectives

Defusion Process Narrative Anchors

A SCORE OF 5

The client almost always experiences a full range of thoughts, beliefs, emotions, and evaluations without any aspect of experience dominating control of his behavior, except where such focus is chosen. Stories about how the world is (for example, about the future, the past, others, or relationships) are held lightly. Stories are rarely rigidly repeated. When the client does lapse into such stories, he readily recognizes this and lets go of the story. He infrequently uses exclusive language such as must/can't, should/shouldn't, always/never, or right/wrong. The client experiences and describes his experiences without judging, justifying, or explaining. He chooses assumptions strategically because they facilitate valued living. The client approaches new experiences openly, with expectations and rules derived from prior experiences held lightly.

A SCORE OF 3

The client's experience of events is sometimes limited by particular thoughts, beliefs, emotions, and evaluations that dominate control of her behavior. This domination isn't experienced as chosen. Stories about how the world is (for example, about the future, the past, others, or relationships) are sometimes held rigidly. Stories are sometimes rigidly repeated, but the client moves to another topic or aspect of experience when directed. She sometimes uses exclusive language such as must/can't, should/shouldn't, always/never, or right/wrong, especially in the face of difficulties. The client sometimes judges, justifies, or explains her behavior. She shows occasional sensitivity to the workability of beliefs but is frequently sensitive only to the true/false aspects of belief. The client approaches new experiences with relatively rigid expectations and rules for behavior, which sometimes persist even if they aren't consistent with the new experience.

A SCORE OF 1

The client's experience of events is almost always limited by particular thoughts, beliefs, emotions, and evaluations that dominate control of his behavior. This domination isn't experienced as chosen. Stories about how the world is (for example, about the future, the past, others, or relationships) are held rigidly and often repeated. The client doesn't move to another topic or aspect of experience, even when directed. There is much use of exclusive language such as must/can't, should/shouldn't, always/never, or right/wrong, especially in the face of difficulties. The client frequently judges, justifies, or explains his behavior. He shows little or no sensitivity to the workability of beliefs and is sensitive only to the true/false aspects of belief. The client approaches new experiences with rigid expectations and rules for behavior, which persist even if they aren't consistent with the new experience.

Defusion Process Abbreviated Anchors

	1	2	3	4	5	
Single aspect of experience dominates without choice	1 \longleftrightarrow 5					No single aspect of experience dominates, except by choice
Frequently judges, justifies, or explains	1 \longleftrightarrow 5					Rarely judges, justifies, or explains
Frequently uses must/can't, should/shouldn't, right/wrong, and so on	1 \longleftrightarrow 5					Rarely uses must/can't, should/shouldn't, right/wrong, and so on
Expectations and rules limit perspective	1 \longleftrightarrow 5					Expectations and rules held lightly
Stories repeated rigidly	1 \longleftrightarrow 5					Stories seldom repeated rigidly
Little or no sense of workability of thoughts	1 \longleftrightarrow 5					Chooses assumptions strategically, with a focus on workability

Acceptance Process Narrative Anchors

A SCORE OF 5

The client embraces the full range of experience and only rarely attempts to change the frequency or intensity of associated bodily states, emotions, thoughts, perceptions, urges, cravings, or memories. The client rarely insists that an aspect of experience that's difficult must be eliminated, or conversely that some desired state must be obtained. The client frequently experiences and describes difficult experiences in session with appreciation for their richness and gravity. The client almost always engages easily and openly, and her presentation rarely seems to be implicitly requesting attention, permission, approval, pity, condemnation, abandonment, or some other social exchange. The client reports and shows willingness to experience internal and external events in service of valued living and often freely chooses such experiences. The client notices when she's engaged in avoidance in session and opens up to her experience independently or is reliably responsive to instruction to do so.

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The client sometimes embraces the full range of experience, but this may occur only with direct instruction, for a limited amount of time, in particular situations, or for less difficult experiences. The client sometimes attempts to change the frequency or intensity of associated bodily states, emotions, thoughts, perceptions, urges, cravings, or memories. The client sometimes insists that an aspect of experience that's difficult must be eliminated, or conversely that some desired state must be obtained. The client experiences and describes difficult experiences, but sometimes in a manner that's minimizing, rationalizing, or otherwise disconnected. The client engages easily and openly at times, but at other times presents implicit requests for attention, permission, approval, pity, condemnation, abandonment, or some other social exchange. The client reports some internal or external events that he isn't willing to experience. The client may choose some difficult experiences, but this is sometimes in the form of tolerance or resignation rather than acceptance. The client usually opens up to his experience when directly prompted, but rarely notices independently that he's engaged in avoidance.

A SCORE OF 1

The client rarely embraces the full range of experience and never or rarely without direct instruction. The client often attempts to change the frequency or intensity of associated bodily states, emotions, thoughts, perceptions, urges, cravings, or memories. The client frequently insists that an aspect of experience that are difficult must be eliminated, or conversely that some desired state must be obtained. Difficult experiences are often described in a manner that's minimizing, rationalizing, or otherwise disconnected. The client rarely engages easily and openly, often presenting implicit requests for attention, permission, approval, pity, condemnation, abandonment, or some other social exchange. The client reports many internal or external events that she's not willing to experience. The client rarely chooses difficult experiences, and when she does, it almost always takes the form of fighting, tolerance, or resignation rather than acceptance. The client rarely opens up to her experience when directly prompted to do so and may actually become more avoidant.

Acceptance Process Abbreviated Anchors

	1	2	3	4	5	
Attempts to change experience common	1 \longleftrightarrow 5					Attempts to change experience rare
Minimizes or rationalizes difficult events in session	1 \longleftrightarrow 5					Describes and experiences difficult events in session
Implicit requests for social exchange	1 \longleftrightarrow 5					No implicit requests for social exchange
Many avoided events	1 \longleftrightarrow 5					Few avoided events
Fights, tolerates, or resigns to difficult experiences	1 \longleftrightarrow 5					Chooses difficult experiences in service of valued living
Does not notice when avoiding	1 \longleftrightarrow 5					Notices when avoiding
No change or more avoidant with direction	1 \longleftrightarrow 5					More open with direction

Valued Living Narrative Anchor

A SCORE OF 5

The client maintains an open posture with respect to values even in the face of psychological pain. He freely, actively, and intentionally chooses life directions. His behavior is only rarely organized rigidly by thoughts and evaluations regarding values. The client expresses a sense of vitality and purpose in values even when describing painful events. Values are held flexibly and without defense, in a way that's sensitive to needs in other domains of living. The client notices and describes a variety of behaviors that could be chosen in service of a valued direction. The client's behavior is almost always in service of this direction, even when outcomes are expected to be difficult or unknown. The client almost always describes his chosen values and degree of valued living openly and without judging, justifying, explaining, or apologizing. The client usually experiences his values as facilitative of experience rather than restrictive or burdensome.

A SCORE OF 3

The client chooses direction for her life, but this is sometimes limited by what is perceived as possible or painful. She expresses a sense of vitality and purpose in values but is less likely to do so when describing painful events. Values are sometimes held defensively and rigidly, even when doing so has negative consequences in other domains of living. The client notices and describes a somewhat limited number of behaviors that could be chosen in service of a valued direction. The client's behavior varies in how consistent it is with pursuing this direction, and is often inconsistent when outcomes are expected to be difficult or unknown. The client sometimes describes her chosen values and degree of valued living with limited openness, as evidenced by judging, justifying, explaining, or apologizing. The client sometimes experiences her values as facilitative of experience and but also frequently as restrictive or burdensome. When directly prompted, the client can sometimes let go of limitations and make contact with values in an undefended way—her stories loosen and she shows lessening signs of fusion and avoidance.

A SCORE OF 1

The client rarely chooses direction for his life in an active and flexible way. Most valuing is described as driven by circumstances and much less by personal choice. He professes no sense or a weak sense of valued direction; describes valued domains with rigidly held preordained conclusions about outcomes; or professes strong confusion about values. All of these presentations are held rigidly even when directly probed. The client expresses a sense of hopefulness and direction in values almost exclusively when things are going well. This sense of direction is readily lost when he's confronted with painful events. When values are held, they are almost always held defensively and rigidly. Behavior shows insensitivity to costs in other domains of living. The client resists discussions of values and does so only with excessive judging, justifying, explaining, or apologizing. He almost always experiences values as restrictive, burdensome, impossible, or confusing, or with rigid enthusiasm.

Values Processes Abbreviated Anchors

	1	2	3	4	5	
Valued directions rarely chosen, and limited by possibility and pain	1 ←————→ 5					Valued directions chosen freely, regardless of possibility or pain
Valued directions chosen with defensiveness	1 ←————→ 5					Valued directions chosen without defensiveness
Valued directions held at the expense of other domains	1 ←————→ 5					Valued directions held in a way that doesn't interfere with other domains
Few behaviors described as values consistent	1 ←————→ 5					A variety of behaviors described as values consistent
Behavior more consistent with expectations for outcome	1 ←————→ 5					Behavior consistent, even when outcome unknown or expected to be painful
Resists discussing values and valued living by judging, justifying, explaining, or apologizing	1 ←————→ 5					Discusses values and valued living openly
Experiences values as aversive and restrictive of experience	1 ←————→ 5					Experiences values as appetitive and facilitative of experience

Committed Action Processes Narrative Anchors

A SCORE OF 5

The client almost always remains flexible and creative in her pursuit of chosen valued directions, even in the face of disappointing or frustrating outcomes. The client willingly chooses short- and long-term goals that are experienced as consistent with her values. The client can see and select from many potential goals, both small and large, that are consistent with her chosen life direction. The client notices when her behavior is inconsistent with valued directions independently and without defense, and returns gently and with intention to commitments. The client is responsive to direct instruction to notice inconsistency, and is able to sit undefended in the face of inconsistency and return gently and nondefensively to commitments when necessary.

A SCORE OF 3

The client's behavior in valued domains sometimes involves attempts to relieve difficult thoughts and feelings through inaction, impulsivity, or persistence despite ineffectiveness in pursuing values. Periods of inactivity are sometimes followed by activity that serves to undo and defend the client from periods of inactivity. The client sometimes responds to disappointing or frustrating outcomes by questioning his values or capacity to commit, and has some difficulty generating goals that are consistent with his values. The client can sometimes generate an array of goals small to large, but at other times becomes attached to particular forms of behavior as the only goal consistent with his values. The client sometimes notices when behavior is inconsistent with valued directions independently but may be somewhat defensive or, by contrast, ruminative about failures, making it difficult for him to return to commitments, even with instruction.

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The client's behavior in valued domains is almost always dominated by attempts to relieve difficult thoughts and feelings through inaction, impulsivity, or persistence despite ineffectiveness, or by lurching into periods of activity. She may actively avoid making commitments or speak about commitments in the language of must/can't, should/shouldn't, and never/always. She has great difficulty generating goals that are consistent with her values. The client is unable to generate a range of large and small goals, and experiences the goals she does generate as the only goals consistent with her values. The client is frequently insensitive to times when her behavior is inconsistent with valued directions or she becomes rigidly fixed on her failure to maintain commitment. Direct instruction to notice the inconsistency and return to valued living is usually unsuccessful and may actually bring the client further away from valued living by precipitating rumination and worry.

Committed Action Processes Abbreviated Anchors

	1	2	3	4	5	
Behavior in valued domains characterized by avoidant inaction, impulsivity, or persistence	1 \longleftrightarrow 5					Flexible and creative in valued living
Difficulty generating goals, and goals limited and inflexible	1 \longleftrightarrow 5					Chooses values-consistent goals easily and freely
Rarely notices inconsistency of behavior with values	1 \longleftrightarrow 5					Notices inconsistency of behavior with values
No change or further from valued direction with instruction	1 \longleftrightarrow 5					Returns to valued direction with instruction
Much rumination and worry about commitments	1 \longleftrightarrow 5					Little or no rumination about commitments