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|  | Workability | Willingness | Defusion | Present Moment | Observer Self | Values | Committed Action |
| Model |  |  |  |  |  |  |  |
| Instigate |  |  |  |  |  |  |  |
| Reinforce |  |  |  |  |  |  |  |

Therapist Hooks / Other notes:

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| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Workability | Willingness | Defusion | Present Moment | Observer Self | Values | Committed Action |
| Model |  |  |  |  |  |  |  |
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Therapist Hooks / Other notes: