

CLINICAL RFT CHEAT SHEET

	DEFINITION	CONTEXTUAL CUES	EVERYDAY EXAMPLES	KEY CLINICAL FUNCTIONS	CLINICAL QUESTION(S)
COORDINATION Framing	Two or more things or events coming together via equivalence, similarity, or compatibility.	“similar to” “am/is” “like”, and”	“I am a failure”	Observing Describing Tracking ABC’s	“ Describe your feelings”
DISTINCTION Framing	Two or more things or events as different from each other, often along a dimension.	“is not” “different”	“I am not good enough”	Differentiating Clarifying Tracking ABC’s	“When do you not feel this way?”
OPPOSITION Framing	Establishes that two or more events are opposed to each other, often along a dimension	“instead of...” “opposite of”	“Unlike her beautiful dog, my dog is ugly. ”	Observing Describing Tracking w/ precision	“What would happen if you did the opposite of what your thoughts are telling you?”
COMPARATIVE Framing	Establishes that an event is higher or lower than another or more events along a given dimension	“higher/lower” “less/more than” “worse/better”	“I am feeling less anxious now compared to yesterday”	Tracking ABC’s Measuring Precision	“Do you feel more or less anxious right now?”
CONDITIONAL Framing	Establishes that an event conditions another or more events	“If...then...” “Given this...”	“ If I give a speech in public, then I will die”	Tracking ABC’s Validation Assess effectiveness	“ If you practice, then you can improve”
TEMPORAL Framing	Establishes a relation of time between things or events	“Past” “Present” “Future” “When”	“ Last night I felt awful”	Tracking ABC’s Exploring across time Short term/long term	“How would smoking benefit you in the short term ? In the long term ?”
SPATIAL Framing	Establishes a relation of space or domain between things or events	“Where” “place”	“My anxiety increases in crowded places ”	Tracking ABC’s Exploring across domains or places	“ Where in your body do you feel the anxiety?”
DEICTIC Framing	Establishes that an event is in a relation of reference or perspective with another or more events in terms of person, time, or place	“Point of view” “Perspective”	“ My professor hates me”	Perspective taking Point of view Tracking ABC’s Interpersonal Skills	“How would your loving daughter feel about your disability?”
HEIRARCHICAL Framing	Establishes that an event is in a relation of hierarchy, inclusion, category, or attribution with another or more events	“a part of...” “I’m having the thought...”	“He belongs to a lower class of people”	Observe/Describe Values & Actions Increase Motivation	“What value is this action a part of ?”