

USING RELATIONALLY FRAMED QUESTIONS/STATEMENTS TO TARGET THE SIX PROCESSES OF ACT (Socially Anxious Father & the Recital)

	(1) DEFUSION	(2) ACCEPTANCE	(3) PRESENT MOMENT AWARENESS	(4) SELF AS CONTEXT	(5) VALUES	(6) COMMITTED ACTION
<b>COORDINATION</b> ("is", "like" "and")	"Describe the thoughts that come to your mind when you are in social situations?"	"Please <b>tell me</b> more about your anxiety"	" <b>What are you experiencing</b> now as you are telling me about your anxiety?"	"You said you were a hermit. <b>What do you do</b> that makes you think so?"	"You are anxious <b>and</b> you want to attend the recital."	" <b>What would be</b> the first step toward attending her recital?"
<b>DISTINCTION</b> ("not", "unlike")	"When do you <b>not</b> have those thoughts?""*	"Describe what you are experiencing when you are <b>not</b> feeling safe"	"What are you <b>not</b> feeling right now?"	"What <b>difference</b> would it make to your daughter if you went to her recital?"	"What <b>difference</b> would it make to you if you stayed home?"	"Would you be willing to do something <b>different?</b> "
<b>OPPOSITION</b> ("opposite")	"What would happen if you did the <b>opposite</b> of what your thoughts are saying?"	"Let's <b>invite Mr. Anxiety</b> to your daughter's recital" (irreverence)	"If you weren't so busy living in the past or the future, what would your life look like <b>instead?</b> "	"If you can set aside your public persona, what would your <b>shadow side</b> really say?"	"What is the <b>opposite</b> of being lonely for you?"	"What would happen if you were to attend the recital <b>instead of</b> staying home?"
<b>COMPARATIVE</b> ("higher/lower" "more/less")	"What is the <b>worst</b> thought that comes to mind when you are in a crowded place?"	"What would make you <b>more willing</b> to attend your daughter's recital?"	"Are you <b>more or less</b> anxious right now?"	"Which part of you is needing <b>more</b> care right now; the loner or the father?"	"Which is <b>more important</b> to you? Attending your daughter's recital or staying home?"	"Is this action <b>more or less</b> in line with your values?"
<b>CONDITIONAL</b> ("if/then")	"What thoughts do you have <b>when</b> you are around a lot of people?"	" <b>When</b> you make room for anxiety, <b>what impact</b> does this have on your social life?"	"How attentive are you to your daughter's needs <b>when</b> you are triggered?"	"What do you suppose <b>would happen to you</b> if you showed up at your daughter's recital?"	" <b>When</b> anxiety shows up, would you be willing to take a meaningful risk?"	"What <b>would happen if</b> you do not attend the recital?"
<b>TEMPORAL</b> ("before-after")	" <b>When</b> do you not have those thoughts?""*	"How were you feeling <b>last night?</b> "	"Can you pause a moment and notice how you are feeling <b>right now?</b> "	"How might you experience this anxiety if you were looking back at it <b>5 years from now?</b> "	"What would you want your <b>future</b> tombstone to say about who or what was important to you?"	"What three actions can you take toward connecting with your friends <b>next week?</b> "
<b>SPATIAL</b> ("near-far")	"In what <b>situations and places</b> do you have that thought?"	"In what <b>social settings</b> are you able to cope with your anxiety?"	" <b>Where in your body</b> are you feeling the anxiety?"	"How do you feel when you are <b>at work?</b> "	"In <b>what place or situation</b> do you most feel connected to yourself? Daughter?"	"What would be the ideal <b>next step?</b> "
<b>DEICTIC</b> ("I-you"/"here- there"/"now-then")	"What would <b>your daughter</b> think about your thoughts?"	"How <b>do you</b> think I feel about you?"	"I wonder if <b>both of us</b> can sit in silence for a minute together."	"How might <b>your child</b> feel if you were to miss her recital?"	"What <b>do you think</b> is important to <b>your daughter?</b> "	" <b>I just noticed</b> a smile on <b>your face</b> while you were talking."
<b>HIERARCHICAL</b> ("part of")	"Please describe a thought that <b>you are having</b> now."	"If your anxiety <b>had a color</b> , what color would it be?"	"On a scale of 1 to 10 (10 being the highest), how would you <b>rate</b> your anxiety now?"	"Which <b>part of you</b> is willing to take a risk?"	" <b>List</b> some <b>qualities</b> as a father that are important to you."	"What <b>concrete steps</b> can you take to improve your health?"

Created by Phillip Cha, MFT (2019)

\*Some of these questions are duplicated because they contain multiple relational frames