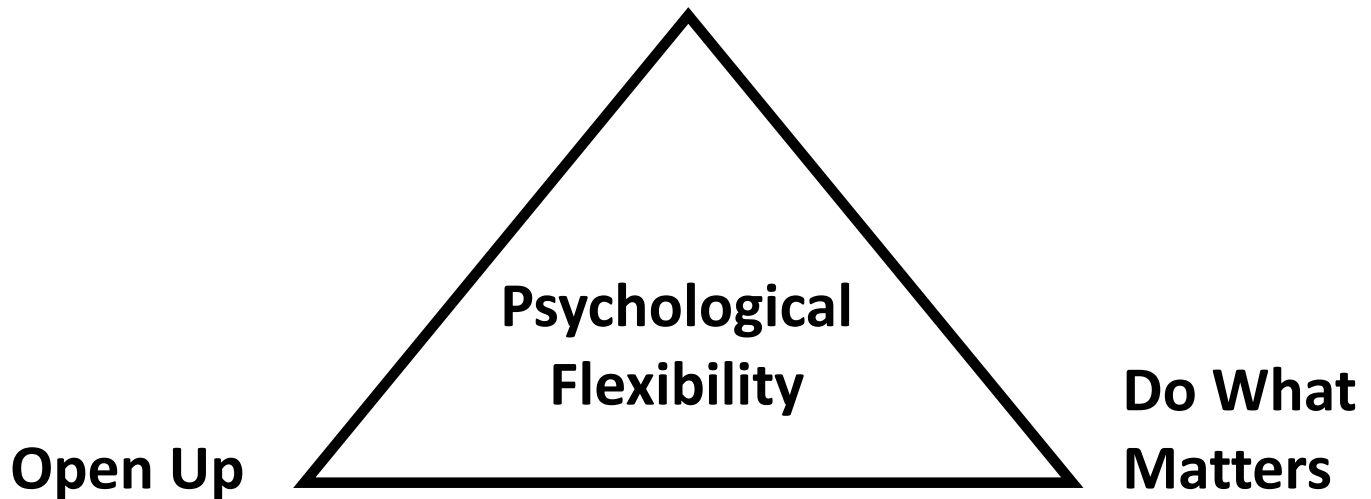


# Be Present



## Opening Up

Able to separate, unhook, detach from thoughts and feelings?

Able to open up & make room for thoughts and feelings, and allow them to freely flow?

## Being Present

Able to engage fully in here-and-now experience? Ability for task-focused attention?

Aware of own thoughts and feelings? Able to empathise? Able to take perspective on self and self-story?

## Doing What Matters

Able to be clear about & connected with values?

Able to take and sustain values-guided action?

Able to set goals? Sufficient skills to achieve goals?

Today's Scores, 0-10: 0 = low strength and 10 = high strength

**Opening up:**

**Being present:**

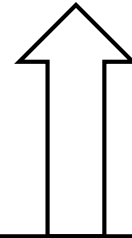
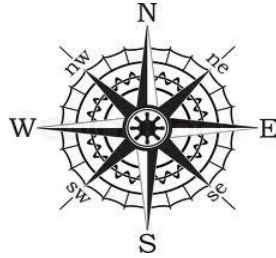
**Doing what matters:**

**BRAINSTORM:** What core areas could you target in the next session? What might you do in the next session: consider questions you might ask, tools, techniques, strategies, metaphors, worksheets, experiential exercises, goal-setting, skills practice?

## TRUE NORTH

*Behaving like the person I want to be, deep in my heart; actively doing what I can to build the sort of life I would choose to live.*

**MY VALUES:**



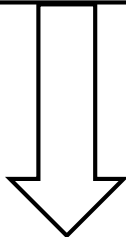
**UNWORKABLE ACTIONS**

**WORKABLE ACTIONS**

**UNWORKABLE MENTAL ACTIVITIES**  
(i.e. things you do 'inside your head')

**WORKABLE MENTAL ACTIVITIES**  
(i.e. things you do 'inside your head')

**WHAT SKILLS DO I NEED TO MAKE THE JOURNEY?**



Therapist presence

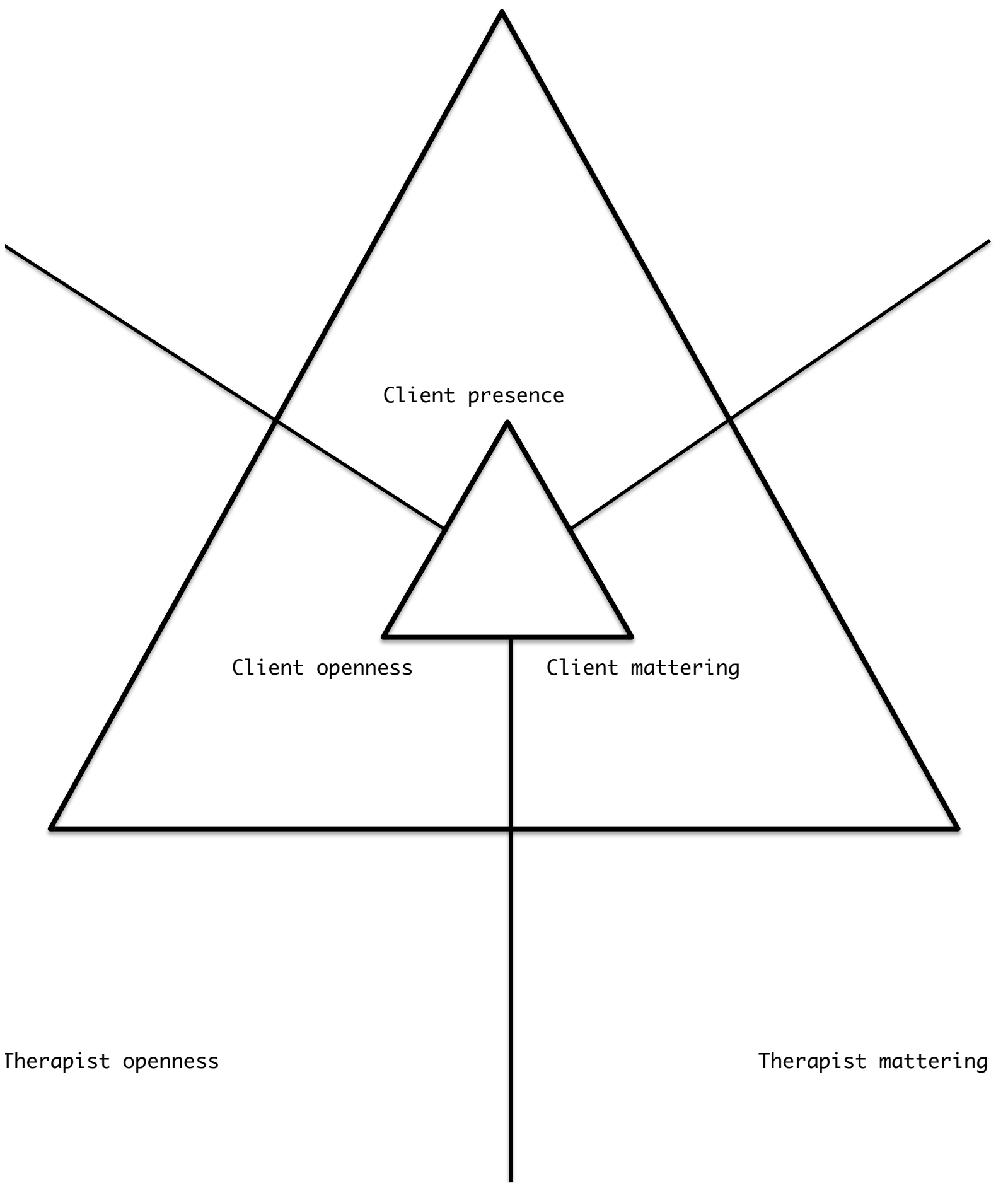
Client presence

Client openness

Client mattering

Therapist openness

Therapist mattering



therapist cx - antecedents



time

client bx



therapist cx - consequences

client cx - antecedents



time

therapist bx



client cx - consequences