

Dominance of Conceptual Past/Future, and/or Distractibility

worry, rumination, distractibility?
Planning, organizing, apologizing? Assess
+ **Capacity** for PM focus?
1 B (1-5)

Present Moment

Experiential avoidance
+ **Content** that is unacceptable/ avoided
+ **Situations** the client avoids or struggles to tolerate
+ **Personal qualities** clients see themselves as lacking
+ **Avoidant repertoire**
+ **Capacity** for acceptance?
3 A (1-5)

Acceptance

Cognitive Fusion

Breadth and integration of fused thoughts/beliefs?
+ **Fused**
+ **Specific** fused content?
+ **Stories** Assess
Capacity for defused accepting interaction with thoughts and other aspects of experience as what they are not what they say they are
4 D (1-5)

Defusion

Valuing Weak, Confused, Restricted, Absent

Assess
+ Valued **Patterns/domains**
+ Values **Fusion/Avoidance**
+ **Capacity** for defused accepting valuing?
5 V (1-5)

Values

Inaction, Impulsivity, Avoidant Persistence

Assess
+ Domain & **Specifics** of Commitment
+ Commitment **Fusion/Avoidance**
+ **Capacity** to see committed action as choice, capacity for defused, accepting committed action?
1 C (1-5)

Committed Action

Inflexible Content Fusion? Impoverished Self?

Assess
+ Content **breadth** and **flexibility**?
+ Fusion with self-as-**content**?
+ Capacity for self-as-**process**?
+ Capacity for self-as-**context**?
2 S (1-5)

Self



Date & Client ID