

HFDEI

Acceptance Process Abbreviated Anchors

Circle only one number for the entire acceptance process dimension:

1 2 3 4 5

Attempts to change experience common	1 ←————→ 5	Attempts to change experience rare
Minimizes or rationalizes difficult events in session	1 ←————→ 5	Describes and experiences difficult events in session
Implicit requests for social exchange	1 ←————→ 5	No implicit requests for social exchange
Many avoided events	1 ←————→ 5	Few avoided events
Fights, tolerates, or resigns to difficult experience	1 ←————→ 5	Chooses difficult experiences in service of valued living
Does not notice when avoiding	1 ←————→ 5	Notices when avoiding
No change or more avoidant with direction	1 ←————→ 5	More open with direction

Acceptance Process Narrative Anchors

A SCORE OF 5

The client embraces the full range of experience and only rarely attempts to change the frequency or intensity of associated bodily states, emotions, thoughts, perceptions, urges, cravings, or memories. The client rarely insists that an aspect of experience that's difficult must be eliminated, or conversely that some desired state must be obtained. The client frequently experiences and describes difficult experiences in session with appreciation for their richness and gravity. The client almost always engages easily and openly, and her presentation rarely seems to be implicitly requesting attention, permission, approval, pity, condemnation, abandonment, or some other social exchange. The client reports and shows willingness to experience internal and external events in service of valued living and often freely chooses such experiences. The client notices when she's engaged in avoidance in session and opens up to her experience independently or is reliably responsive to instruction to do so.

A SCORE OF 3

The client sometimes embraces the full range of experience, but this may occur only with direct instruction, for a limited amount of time, in particular situations, or for less difficult experiences. The client sometimes attempts to change the frequency or intensity of associated bodily states, emotions, thoughts, perceptions, urges, cravings, or memories. The client sometimes insists that an aspect of experience that's difficult must be eliminated, or conversely that some desired state must be obtained. The client experiences and describes difficult experiences, but sometimes in a manner that's minimizing, rationalizing, or otherwise disconnected. The client engages easily and openly at times, but at other times presents implicit requests for attention, permission, approval, pity, condemnation, abandonment, or some other social exchange. The client reports some internal or external events that he isn't willing to experience. The client may choose some difficult experiences, but this is sometimes in the form of tolerance or resignation rather than acceptance. The client usually opens up to his experience when directly prompted, but rarely notices independently that he's engaged in avoidance.

A SCORE OF 1

The client rarely embraces the full range of experience and never or rarely without direct instruction. The client often attempts to change the frequency or intensity of associated bodily states, emotions, thoughts, perceptions, urges, cravings, or memories. The client frequently insists that an aspect of experience that are difficult must be eliminated, or conversely that some desired state must be obtained. Difficult experiences are often described in a manner that's minimizing, rationalizing, or otherwise disconnected. The client rarely engages easily and openly, often presenting implicit requests for attention, permission, approval, pity, condemnation, abandonment, or some other social exchange. The client reports many internal or external events that she's not willing to experience. The client rarely chooses difficult experiences, and when she does, it almost always takes the form of fighting, tolerance, or resignation rather than acceptance. The client rarely opens up to her experience when directly prompted to do so and may actually become more avoidant.