

# HFDEI

## Committed Action Process Abbreviated Anchors

Circle only one number for the entire committed action process dimension:

1 2 3 4 5

Behavior in valued domains characterized by avoidant inaction, impulsivity, or persistence	1 ←————→ 5	Flexible and creative in valued living
Difficulty generating goals, and goals limited and inflexible	1 ←————→ 5	Chooses values-consistent goals easily and freely
Rarely notices inconsistency of behavior with values	1 ←————→ 5	Notices inconsistency of behavior with values
No change or further from valued direction with instruction	1 ←————→ 5	Returns to valued direction with instruction
Much rumination and worry about commitments	1 ←————→ 5	Little or no rumination about commitments

## *Committed Action Processes Narrative Anchors*

### **A SCORE OF 5**

The client almost always remains flexible and creative in her pursuit of chosen valued directions, even in the face of disappointing or frustrating outcomes. The client willingly chooses short- and long-term goals that are experienced as consistent with her values. The client can see and select from many potential goals, both small and large, that are consistent with her chosen life direction. The client notices when her behavior is inconsistent with valued directions independently and without defense, and returns gently and with intention to commitments. The client is responsive to direct instruction to notice inconsistency, and is able to sit undefended in the face of inconsistency and return gently and nondefensively to commitments when necessary.

### **A SCORE OF 3**

The client's behavior in valued domains sometimes involves attempts to relieve difficult thoughts and feelings through inaction, impulsivity, or persistence despite ineffectiveness in pursuing values. Periods of inactivity are sometimes followed by activity that serves to undo and defend the client from periods of inactivity. The client sometimes responds to disappointing or frustrating outcomes by questioning his values or capacity to commit, and has some difficulty generating goals that are consistent with his values. The client can sometimes generate an array of goals small to large, but at other times becomes attached to particular forms of behavior as the only goal consistent with his values. The client sometimes notices when behavior is inconsistent with valued directions independently but may be somewhat defensive or, by contrast, ruminative about failures, making it difficult for him to return to commitments, even with instruction.

### **A SCORE OF 1**

The client's behavior in valued domains is almost always dominated by attempts to relieve difficult thoughts and feelings through inaction, impulsivity, or persistence despite ineffectiveness, or by lurching into periods of activity. She may actively avoid making commitments or speak about commitments in the language of must/can't, should/shouldn't, and never/always. She has great difficulty generating goals that are consistent with her values. The client is unable to generate a range of large and small goals, and experiences the goals she does generate as the only goals consistent with her values. The client is frequently insensitive to times when her behavior is inconsistent with valued directions or she becomes rigidly fixed on her failure to maintain commitment. Direct instruction to notice the inconsistency and return to valued living is usually unsuccessful and may actually bring the client further away from valued living by precipitating rumination and worry.