

HFDEI

Defusion Process Abbreviated Anchors

Circle only one number for the entire defusion process dimension:

1 2 3 4 5

Single aspect of experience dominates without choice	1	←————→	5	No single aspect of experience dominates, except by choice
Frequently judges, justifies, or explains	1	←————→	5	Rarely judges, justifies, or explains
Frequently uses must/can't, should/shouldn't, right/wrong, among others	1	←————→	5	Rarely uses must/can't, should/shouldn't, right/wrong, among others
Expectations and rules limit perspective	1	←————→	5	Expectations and rules held lightly
Stories repeated rigidly	1	←————→	5	Stories seldom repeated rigidly
Little or no sense of workability of thoughts	1	←————→	5	Chooses assumptions strategically, with a focus on workability

Defusion Process Narrative Anchors

A SCORE OF 5

The client almost always experiences a full range of thoughts, beliefs, emotions, and evaluations without any aspect of experience dominating control of his behavior, except where such focus is chosen. Stories about how the world is (for example, about the future, the past, others, or relationships) are held lightly. Stories are rarely rigidly repeated. When the client does lapse into such stories, he readily recognizes this and lets go of the story. He infrequently uses exclusive language such as must/can't, should/shouldn't, always/never, or right/wrong. The client experiences and describes his experiences without judging, justifying, or explaining. He chooses assumptions strategically because they facilitate valued living. The client approaches new experiences openly, with expectations and rules derived from prior experiences held lightly.

A SCORE OF 3

The client's experience of events is sometimes limited by particular thoughts, beliefs, emotions, and evaluations that dominate control of her behavior. This domination isn't experienced as chosen. Stories about how the world is (for example, about the future, the past, others, or relationships) are sometimes held rigidly. Stories are sometimes rigidly repeated, but the client moves to another topic or aspect of experience when directed. She sometimes uses exclusive language such as must/can't, should/shouldn't, always/never, or right/wrong, especially in the face of difficulties. The client sometimes judges, justifies, or explains her behavior. She shows occasional sensitivity to the workability of beliefs but is frequently sensitive only to the true/false aspects of belief. The client approaches new experiences with relatively rigid expectations and rules for behavior, which sometimes persist even if they aren't consistent with the new experience.

A SCORE OF 1

The client's experience of events is almost always limited by particular thoughts, beliefs, emotions, and evaluations that dominate control of his behavior. This domination isn't experienced as chosen. Stories about how the world is (for example, about the future, the past, others, or relationships) are held rigidly and often repeated. The client doesn't move to another topic or aspect of experience, even when directed. There is much use of exclusive language such as must/can't, should/shouldn't, always/never, or right/wrong, especially in the face of difficulties. The client frequently judges, justifies, or explains his behavior. He shows little or no sensitivity to the workability of beliefs and is sensitive only to the true/false aspects of belief. The client approaches new experiences with rigid expectations and rules for behavior, which persist even if they aren't consistent with the new experience.