

Present-Moment Process Abbreviated Anchors

Circle only one number for the entire present-moment process dimension:

1 2 3 4 5

Speech stereotyped and insensitive to instruction for pace and content	1	←————→	5	Speech fluid and sensitive to instruction for pace and content
Physical presentation takes away from connection	1	←————→	5	Physical presentation adds to connection
Worry and rumination common	1	←————→	5	Worry and rumination rare
Perseverates and shifts abruptly	1	←————→	5	Shifts attention easily and gently
Categorical speech common, details difficult to elicit	1	←————→	5	Categorical speech uncommon, details readily elicited
Doesn't notice when not present	1	←————→	5	Notices when not present
No change or less present with direction	1	←————→	5	More present with direction

Present-Moment Process Narrative Anchors

A SCORE OF 5

The client exhibits connection with his experience in the present moment both when speaking and when listening to another. The pace, rhythm, intonation, volume, and content of the client's speech are fluid and flexible. Pace rhythm, intonation, volume, and content are readily prompted. The client's posture, facial expression, eye contact, and gestures facilitate connection with what the current contents express, on the part of both the client and the listener. Even when the content is focused on the past or on the future, the client is connected with its moment-to-moment expression. Speech content is frequently specific and detailed. The client readily provides specifics and details when prompted, and speech that is uniformly categorical is uncommon. The client gently shifts attention between aspects of his experience, maintaining or quickly regaining his connection with his experience. The client is able to identify when he's not connected to his experience in the present moment, and to precipitate that connection independently. The client reliably reconnects with his experience in the present moment when directly prompted. Worry and rumination are rare.

A SCORE OF 3

The client exhibits inconsistent connection with her experience in the present moment, perhaps having difficulty only when listening or only when speaking. The pace, rhythm, intonation, volume, or content of the client's speech may sometimes shift into stereotypy. Instructing change from stereotypies is possible, but shifts back to stereotypies are common. The client's posture, facial expression, eye contact, or gestures sometimes prevent connection with the listener. The client sometimes has difficulty staying connected in the present moment with expression of content, especially when content is focused on the past or the future. Speech is frequently categorical and lacking in specific and detailed content. The client responds to directions to provide specifics and details, but her speech frequently shifts back to categorical mode. The client sometimes perseverates on particular aspects of her experience and may sometimes shift attention abruptly, losing connection with her experience. The client usually reconnects with her experience in the present moment when directly prompted but rarely notices when she's not connected. The client is unlikely to reconnect without prompting. Worry and rumination are somewhat common.

A SCORE OF 1

The client exhibits almost no connection with his experience in the present moment, either when listening or when speaking. The client's speech almost always takes on marked stereotypy with respect to pace, rhythm, intonation, volume, or content. The client's posture, facial expression, eye contact, and gestures almost always prevent connection with the listener. The client almost always has difficulty staying connected with expression of content that is focused on the past or the future. Speech is almost always categorical and lacking in specific and detailed content. Response to directions to provide specifics and details are short-lived, and his speech almost always shifts back to categorical mode. The client almost always perseverates on particular aspects of his experience, and shifts are almost always abrupt. The client rarely reconnects with his experience in the present moment when directly prompted, and may actually become more disconnected. Worry and rumination are common.