

HFDEI

Self Process Abbreviated Anchors

Circle only one number for the entire self process dimension:

1 2 3 4 5

Experience of self constrained and in only limited domains	1	←————→	5	Experience of self flexible and broad
Frequently gets stuck in content areas	1	←————→	5	Transitions easily among content areas
No experience of self apart from content	1	←————→	5	Experiences self apart from content
Rarely able to shift perspectives	1	←————→	5	Readily able to shift perspectives

Self Process Narrative Anchors

A SCORE OF 5

The client describes and experiences herself in a variety of ways without being attached to any particular diagnosis, symptom, thought, emotion, positive or negative self-evaluation, social role, personality trait, physical characteristic, or other conceptualization, independent of its veracity or falsity. The client transitions easily and appropriately from one content area to the next as the situation demands. This flexibility among self-conceptualizations fosters contact with an experience of herself apart from those conceptualizations. The client is able to contain and readily connect with any aspect of experience even when content is difficult. She can readily take different perspectives when prompted and may take different perspectives spontaneously.

A SCORE OF 3

The client describes and experiences himself in a variety of ways but frequently becomes attached to particular diagnoses, symptoms, thoughts, emotions, positive or negative self-evaluations, social roles, personality traits, physical characteristics, or other conceptualizations, especially when content is difficult. The client sometimes has difficulty transitioning among content areas as the situation demands, even when prompted, and may act ineffectively in certain situations as a result. The client rarely contacts a sense of himself apart from self-conceptualizations. The client sometimes allows conceptualizations of himself to limit activities. He can take different perspectives with difficulty when prompted and rarely takes different perspectives spontaneously.

A SCORE OF 1

The client describes and experiences herself in very limited ways, and repeatedly becomes attached to particular diagnoses, symptoms, thoughts, emotions, positive or negative self-evaluations, social roles, personality traits, physical characteristics, or other conceptualizations with little or no awareness of self independent of that which is currently occupying her awareness. The client rarely transitions among content areas as the situation demands, even when prompted, and often acts ineffectively as a result. The client's activities are severely limited by conceptualizations of herself. She can't take different perspectives even when prompted and doesn't take different perspectives spontaneously.