

HFDEI Self Worksheet

date: _____

client ID: _____

Self-as-Content: Assess breadth and flexibility of content. Use the Valued Living Questionnaire as a guide in this conversation.

Self-Fusion/Avoidance: List content of self-as-content fusion—fusion with “my story” possibly including a story about “I don’t know why I am how I am.” Assess capacity to experience self as distinct from content. Self-as-process exercises can sometimes be the simplest way to both assess and shape this capacity.
