

HFDEI

Values Process Abbreviated Anchors

Circle only one number for the entire values process dimension:

1 2 3 4 5

Valued directions rarely chosen, and limited by perceived possibility and pain	1 ←————→ 5	Valued direction chosen freely, regardless of perceived possibility or pain
Valued directions chosen with defensiveness	1 ←————→ 5	Valued directions chosen without defensiveness
Valued directions held at the expense of other domains	1 ←————→ 5	Valued directions held in a way that doesn't interfere with other domains
Few behaviors described as values consistent	1 ←————→ 5	A variety of behaviors described as values consistent
Behavior restricted by expectations	1 ←————→ 5	Behavior consistent, even when outcome unknown or expected to be painful
Resists discussing values and valued living by judging, justifying, explaining, or apologizing	1 ←————→ 5	Discusses values and valued living openly
Experiences values as aversive and restrictive of experience	1 ←————→ 5	Experiences values as appetitive and facilitative of experience

Values Process Narrative Anchor

A SCORE OF 5

The client maintains an open posture with respect to values even in the face of psychological pain. He freely, actively, and intentionally chooses life directions. His behavior is only rarely organized rigidly by thoughts and evaluations regarding values. The client expresses a sense of vitality and purpose in values even when describing painful events. Values are held flexibly and without defense, in a way that's sensitive to needs in other domains of living. The client notices and describes a variety of behaviors that could be chosen in service of a valued direction. The client's behavior is almost always in service of this direction, even when outcomes are expected to be difficult or unknown. The client almost always describes his chosen values and degree of valued living openly and without judging, justifying, explaining, or apologizing. The client usually experiences his values as facilitative of experience rather than restrictive or burdensome.

A SCORE OF 3

The client chooses direction for her life, but this is sometimes limited by what is perceived as possible or painful. She expresses a sense of vitality and purpose in values but is less likely to do so when describing painful events. Values are sometimes held defensively and rigidly, even when doing so has negative consequences in other domains of living. The client notices and describes a somewhat limited number of behaviors that could be chosen in service of a valued direction. The client's behavior varies in how consistent it is with pursuing this direction, and is often inconsistent when outcomes are expected to be difficult or unknown. The client sometimes describes her chosen values and degree of valued living with limited openness, as evidenced by judging, justifying, explaining, or apologizing. The client sometimes experiences her values as facilitative of experience and but also frequently as restrictive or burdensome. When directly prompted, the client can sometimes let go of limitations and make contact with values in an undefended way—her stories loosen and she shows lessening signs of fusion and avoidance.

A SCORE OF 1

The client rarely chooses direction for his life in an active and flexible way. Most valuing is described as driven by circumstances and much less by personal choice. He professes no or a weak sense of valued direction; describes valued domains with rigidly held preordained conclusions about outcomes; or professes strong confusion about values. All of these presentations are held rigidly even when directly probed. The client expresses a sense of hopefulness and direction in values almost exclusively when things are going well. This sense of direction is readily lost when he's confronted with painful events. When values are held, they are almost always held defensively and rigidly. Behavior shows insensitivity to costs in other domains of living. The client resists discussions of values and does so only with excessive judging, justifying, explaining, or apologizing. He almost always experiences values as restrictive, burdensome, impossible, or confusing, or with rigid enthusiasm.