

## ***Assessing Psychological Inflexibility: Six Core Processes***

1. *Dominance of the conceptualized past or future; limited self-knowledge:* How much time does your client spend dwelling on the past or fantasizing/worrying about the future? What elements of the past or future does she dwell on? To what extent is she disconnected from or lacking awareness of her own thoughts, feelings and actions?

2. *Fusion:* What sort of unhelpful cognitive content is your client fusing with—rigid rules or expectations, self-limiting beliefs, criticisms and judgments, reason-giving, being right, ideas of hopelessness or worthlessness, or others?

3. *Experiential avoidance:* What private experiences (thoughts, feelings, memories, and so on) is your client avoiding? How is he doing that? How pervasive is experiential avoidance in her life?

4. *Attachment to the conceptualized self:* What is your client's "conceptualized self"? For example, does he see himself as broken/damaged/unlovable/weak/stupid, and so on, or does she perhaps see herself as strong/superior/successful? How fused is he with this self-image? Does she define herself in terms of her body, or a character trait, or a particular role, occupation, or diagnosis?

5. *Lack of values clarity/contact:* What core values is your client unclear about, neglecting or acting inconsistently with? (For example, commonly neglected values include connection, caring, contribution, authenticity, openness, self-care, self-compassion, loving, nurturing, living in the presents.)

6. *Unworkable Action:* What impulsive, avoidant or self-defeating actions is your client taking? Does she fail to persist when persistent action is required? Or does she inappropriately continue when such action is ineffective? What people, places, situations, and activities is he avoiding or withdrawing from?