

## **Flexibility Notes Manual with Prompting Guide**

The following is a manual created in order to guide therapists when using the flexibility notes in their psychotherapeutic work. This manual includes a conceptual overview of the development of the flexibility notes, a link to a training module for use of the flexibility notes in practice, the flexibility notes worksheet, and a brief guide that provides examples of prompts relevant to each target behavior.

### *Conceptual Overview and Description*

Developed in a clinical context for therapists to use throughout their psychotherapeutic work, the process-based flexibility notes reflect the foundational emphasis on in-session behavioral processes seen in Acceptance and Commitment Therapy and Clinical Behavior Analysis (Sandoz, 2020). The flexibility notes allow therapists to track client behavior in terms of aversive and appetitive control through the use of therapist prompts for the client to engage in different target behaviors (Sandoz, 2020). One of the clinical goals of ACT and CBA is to build client repertoires in the presence of functionally aversive stimuli, and the flexibility notes facilitate this process. The flexibility notes are presented in worksheet format and provide therapists with a series of target behaviors that are observed during a therapy session with a client (Sandoz, 2020).

In the current study, this 14-item clinical tool will be used immediately after therapy sessions and presents therapists with a range of behaviors that a client may or may not engage in when the client's behavior may be under aversive control during the therapy session. You will be prompted to rate the client's behavior on a scale consisting of the numbers 0, 1, 3, and 5 to denote how much prompting was needed to evoke the desired behavior from the client. Additionally, you may indicate if the behavior was not targeted during the therapy session. An example item on the flexibility notes that indicates a target behavior for therapists to prompt the client to engage in is "Attention to some sensory experience." Therapists rate the client's response to the prompt according to five different ratings. Ratings include "- = not targeted" if the behavior was not targeted during the session, "0 = never demonstrated," "1 = inconsistent R to prompting," "3 = consistent R to prompting," and "5 = consistent R no prompting," where R is the client's response (the behavior being targeted) to the therapist's prompts. In this study, you will access the flexibility notes worksheet via a phone application that allows you to save and store the notes from each therapy session.

### *Link to Flexibility Notes Training Module*

Zoom Recording Link:

[https://us02web.zoom.us/rec/play/NHcQjpf6oWaXnTG8dPVca3Mplwflwp0FpmGpv\\_L0hw6blQCbgfHExGeWKyoA2DmZ4UgZjUMCROjzcJ9i.A6zuAoXTq7H2A1NM](https://us02web.zoom.us/rec/play/NHcQjpf6oWaXnTG8dPVca3Mplwflwp0FpmGpv_L0hw6blQCbgfHExGeWKyoA2DmZ4UgZjUMCROjzcJ9i.A6zuAoXTq7H2A1NM)

Access Passcode:

7B\*j?SWa

## Flexibility Notes Worksheet

✚ Date:

Target R to Aversive	5 = consistent R no prompting 3 = consistent R to prompting 1 = inconsistent R to prompting 0 = never demonstrated - = not targeted	Notes
Attention to some sensory experience	1 ↓	<input type="text"/>
Attention to some cognitive experience	1	<input type="text"/>
Attention to some emotional experience	1	<input type="text"/>
Awareness of aversive experiences	1	<input type="text"/>
Approach of aversive experiences	1	<input type="text"/>
Attention to different experiences of self	1	<input type="text"/>
Attention to different experiences of another	1	<input type="text"/>
Shift perspectives between times	1	<input type="text"/>
Shift perspectives between places	1	<input type="text"/>
Shift perspectives between persons	1	<input type="text"/>
Attention to behavior	1	<input type="text"/>
Attention to context-behavior relationship	1	<input type="text"/>
Awareness of appetitive experiences	1	<input type="text"/>
Approach of appetitive experiences	1	<input type="text"/>

Content Notes:

## *Target Behavior Prompting Guide*

This guide provides therapists a list of prompting examples to elicit certain behaviors on the flexibility notes worksheet in psychotherapeutic work. In order to maintain your own clinical style and to match the client's unique presentation, it is encouraged that you make adjustments to the language as you see fit.

### Target Behavior: Attention to some sensory experience

- I'm wondering if you can feel that in your body somewhere.
- Where do you feel that in your body?
- What does that feel like in your body?
- What does your body feel like when I/you say that?
- Can you take a moment and tell me what's happening in your body?
- I noticed \_\_\_\_\_. Can you feel that happening?

### Target Behavior: Attention to some cognitive experience

- What's your head doing with that?
- What are you paying attention to right now?
- What does your mind have to say about that?
- Is there a specific memory showing up right now?
- What do you notice as I/you say that?
- Is your mind responding here?
- What are you imagining or remembering as you say this?
- I wonder if there are words your mind has for what you're feeling.

### Target Behavior: Attention to some emotional experience

- What does it feel like to say that to me?
- Are there emotion words you can use right now to describe your experience?
- Tell me what feelings come with that.
- Is that feeling here in the room with us?
- What does it feel like to hear me say that?
- Can you pause and dip into any feelings that might be here? Tell me what you notice.

### Target Behavior: Awareness of aversive experiences

- *(any of the above that happen to be aversive plus prompts like...)*
- As you're saying this, it feels kind of heavy/hard...
- Is there something difficult here?

### Target Behavior: Approach of aversive experiences

- *(any of the above that happen to increase contact with the aversive plus prompts like...)*
- Would it be okay if we sat with this for a moment? What do you notice?
- I want to invite you to lean into this...
  - What else shows up here?
- Ouch. That's a lot.

### Target Behavior: Awareness of appetitive experiences

- This seems really important and precious...
  - Is this important? Does this feel precious?
- Is there something lovely here?
- I wonder if there's something here that matters?

### Target Behavior: Approach of appetitive experiences

- What would it be like to relish this for a moment?
  - What would it be like to sit with this for a moment?
- I'd like to invite you to sort of notice and feel what it feels like to be in contact with this
  - What are you noticing?
- Can you take a moment and let this fill you up? What do you notice?

Target Behavior: Attention to different experiences of the self

- Are you being critical of yourself right now?
- If you take a look at the version of you who did/experienced this, what is your reaction to them from here?
- Can you watch yourself in the memory from here and now, like a movie? What reactions do you have if you pay attention to the you doing and saying these things?
- Do you like the version of you that you are remembering/imagining now?
- What other reactions to that version of you are you noticing?
- What feelings do you have toward the you who did that?
- I wonder if you feel any compassion for that version of you.
  - *(plus any of the prompts above specifically when focusing on the self)*

Target Behavior: Attention to different experiences of another

- Are you being critical of that person right now?
- If you take a look at the version of the person who did/experienced this, what is your reaction to them from here?
- Can you watch that person in the memory from here and now, like a movie? What reactions do you have now watching them doing and saying these things?
- Do you like the version of that person that you are remembering/imagining now?
- What other reactions to that version of them are you noticing?
- What feelings do you have toward the person who did this?
- I wonder if you feel any compassion for this version of them.
  - *(plus any of the prompts above specifically when focusing on the self)*

Target Behavior: Shift perspectives between times

- I wonder if a younger/older you was telling this story, how might they tell it differently.
- Can you imagine a younger/older version of you holding this feeling you have now? What do you notice?
- I wonder if a version of you from before XXX were here, what they might bring to this experience.
- I wonder if a version of you from after all this resolves were here, what they might bring to this experience.
- Put yourself back into that experience... with all the sounds and sights and smells. Could you imagine being in that experience again? What do you notice?
- I wonder if you can pour yourself into the Past You you're describing. What do you notice?
- Take a moment and see if you can't let that memory fill you up. What do you notice?
  - *(plus any of the prompts above specifically from within this memory)*
  - What do you feel?
  - Where do you feel it in your body?
  - What is your head paying attention to?

Target Behavior: Shift perspectives between places

- I want you to imagine that we are having this conversation at/in XXX right now. Does that shift bring anything new into your awareness?
- Imagine that instead of you grappling with this feeling here, you are at/in XXX – what stands out?
- Imagine that you were remembering this in some other space – does your mind’s story shift any here?
- Put yourself back in that place. Bring that place into the room right now. Remember all of the details about it – the sights, smells, and sounds.
  - What do you notice?
  - What do you feel?
  - What is your head paying attention to?

Target Behavior: Shift perspectives between persons

- Can you imagine you were XXX, listening to this story from their perspective? What happens when you do?
- Could you imagine what it would be like to be in their shoes whenever they experienced that?
- Imagine that you could slip into their skin, hear their thoughts, and feel their feelings in that moment. What do you notice?
- What do you think it would feel like to be in their body during that experience?
- Imagine you could be that person. Imagine you could be in their skin right now. Imagine you can see what they see, hear their thoughts, feel their feelings.
  - What do you think it would feel like to be in their body right now?
  - What do you notice?

Target Behavior: Attention to behavior

- I’m noticing your face looks different now. Can you feel that? What do you notice?
- Your voice sounds different here than before. What stands out to you?
- It feels like something has shifted here, compared to a few minutes ago. How does that resonate for you?
- Can you take a moment to remember our last session? Tell me what feels different today?
- What can you tell me about what you’re doing right now? What you’ve done this session?

Target Behavior: Attention to context-behavior relationship

- I wonder if you have a sense of what it is that you’re wanting to happen right now.
- What words would you put around how you’re relating to me right now?
- Do you have a sense of what you’re responding to right now?
- What’s changing for you, as things start to feel different?