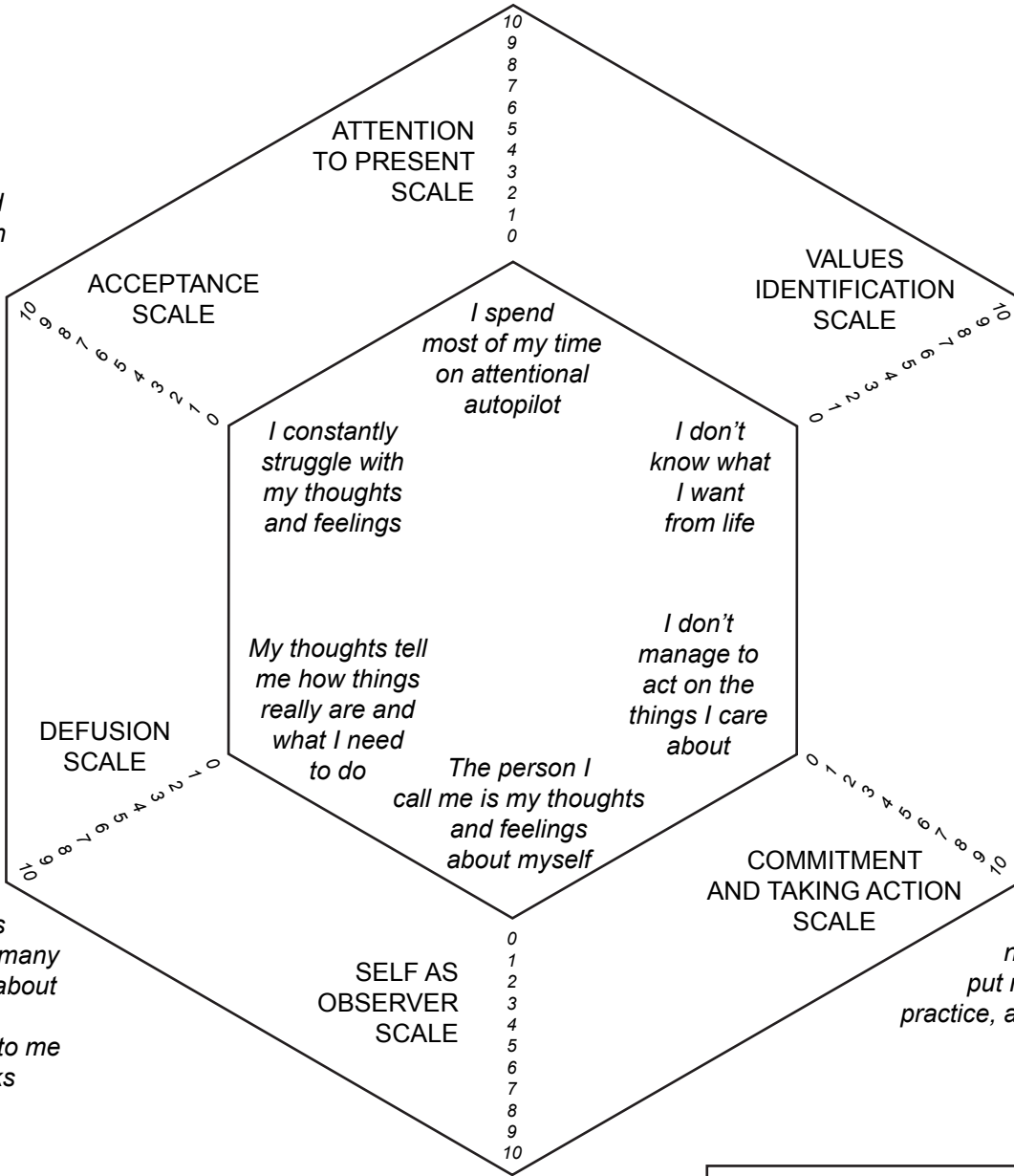


I flexibly pay attention to what is happening in the present moment

I willing accept my thoughts and feelings even when I don't like them

I am clear about what I choose to value in my life



I see each of my thoughts as just one of many ways to think about things - what I do next is up to me and what works

I identify the actions I need to take to put my values into practice, and I see them through

The person I call me knows what I am thinking and feeling but is distinct from that process

SCORES	
A cceptance scale	_____
C ommitment and T aking action scale	_____
A ttention to present scale ...	_____
D efusion score	_____
V alues I dentification scale	_____
S elf as O bserver scale	_____
R esulting Psychological Flexibility Total Score	_____