

Valid/Justified/Effective Summary*

1 VALID JUSTIFIED EFFECTIVE

EMOTIONS

• Presence of the emotion	✓	?	?
• Experience of the emotion	✓	?	?
• Intensity of the emotion	✓	?	?
• Expression of the emotion	✓	?	?

THOUGHTS

DESCRIPTIONS

Thoughts describing what we take in with the five senses, with interoception, with proprioception; discriminative judgements; preferences

• Presence of the thought	✓	?	?
• Content of the thought <i>Ex/ My friend is frowning; I feel hungry; It's unsafe to cross the street; I don't like carrots</i>	✓	?	?

INTERPRETATIONS

Evaluative judgements, interpretations, assumptions, beliefs, added meaning

• Presence of the thought	✓	×	?
• Content of the thought <i>Ex/ My friend is mad at me; I feel hungry; This street is sketchy; Carrots are gross</i>	✓	×	?

URGES

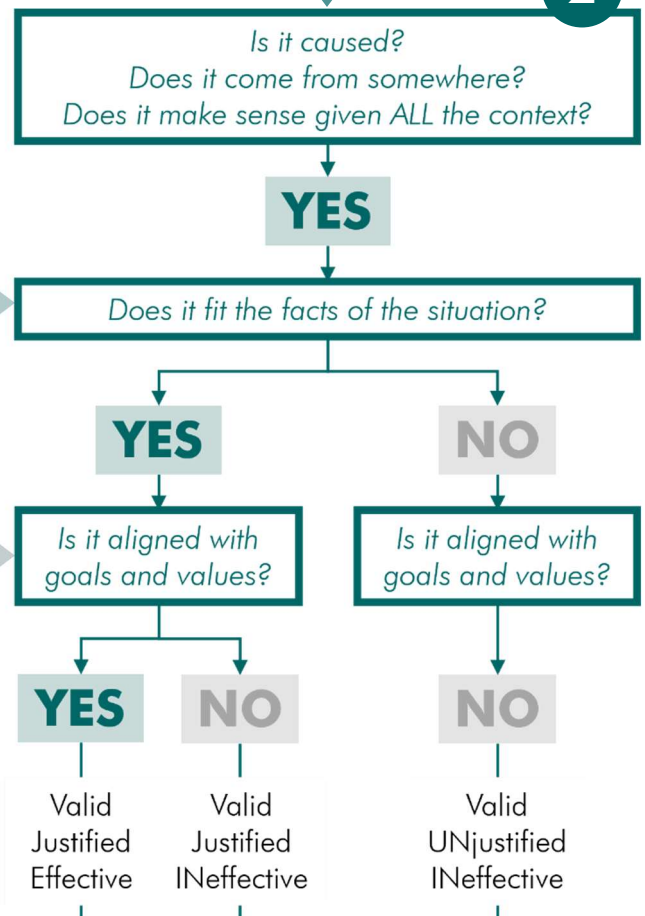
• Presence of the urge	✓	?	?
• Intensity of the urge	✓	?	?

BEHAVIOR

Actions, speech	✓	?	?
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✓ = yes, always ? = maybe (depends on situation) × = no, never

2



let's THERAPIZE that shit !!!

3



* See corresponding numbered graphics for more details on each of these three areas