AFFECT CONSCIOUSNESS INTERVIEW

		OSINESS HATERVIEW		
Scenes and affects	Awareness	Tolerance	Emotional expr.	Conceptual expr.
-Tell me about something that makes you feel or! -What makes you feel or? (NB: Reflect and validate) Therapy: -It seems like you feel! (?)	-How do you know that you feel? -How do you sense it? (Mental and bodily)	-When you are feeling, how does this feeling affect you, and what can this feeling do to you? -When you notice that you are what do you do about this feeling?	-What do you feel about showing others that you are ? -How do you think you show it?	-How do you feel about telling others that you are? -How do you typically tell others that you are?
-You must have felt! (?) -Do you feel?		-Do you believe that this feeling can tell you something?	(Persons and contexts)	(Persons and contexts)
Probing Questions (P): -Have you ever been or? -If we imagine a situation where	(P) -What would happen if you did feel?	(P) -What would happen if you did not (inhibit or avoid), and instead let the affect impact upon you?	(P) -What might happen if you show others ? (P) -What would they have thought about you?	(P) -What might happen if you tell others that you are? (P) -What would they have thought about you?
Affect:				
Interested or exited, Enjoyment or joy, Fear or terror, Irritation or anger, Contempt, Disgust or revulsion, Shy, humiliated or ashamed, Sadness or distress, Envious or jealous, Guilt or remorse, Tenderness, closeness or devotion, (Pride or triumph)	1 – Unfocused 3 – Unclear focusing 5 – Clear focusing 7 – Nuanced focusing 9 – Focusing, concentration and openness	1 – Disavowal, ward off, fragmentation 3 – Suppression, avoidance 5 – Accepts affect 7 – Values affect 9 – Actively values affect	1 – Disavowal 3 – Unclear expression 5 – Avowed 7 – Nuanced expression 9 – Finely nuanced expression	 1 – Loose articulation 3 – Rough articulation 5 – Clear articulation 7 – Nuanced and clear articulation 9 – Finely nuanced articulation
Name:	Date:	Interviewer:	Location:	NB: Test version. Simplified form made by Andreas Aamodt © 2010 After Jon T. Monsen