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RATING PROCEDURES

There are two different kinds of ratings made on this scale: frequency ratings and intensity ratings. The frequency ratings indicate the presence or absence of a particular behavior, while the intensity ratings attempt to determine the intensity or significance of the exhibited behavior. Ratings are performed on each "statement" or "burst of speech" that is uttered by the target patient.

FREQUENCY RATINGS

To rate frequency the rater should consult this manual for the definitions of each item. If the target patient exhibits a behavior that fits the definition for a particular item, this should be indicated on the score sheet with an X or designation number. These numbers represent the object or context to which the behavior is directed or referring. Objects and contexts are discussed below under "Designation Criteria".

INTENSITY RATINGS

Several of the items also receive an intensity rating. Intensity ratings are based on a 0 to 9 scale. In general, intensity ratings are determined by the degree to which a behavior is present. However, more specific criteria are provided for certain behaviors such as those demonstrating awareness of self or enhancing awareness of other group members (OGMs).

DESIGNATION CRITERIA

Many items require the rater to indicate the object toward which a behavior is directed or the context in which a behavior occurs. The choices that are appropriate for each item are listed in abbreviated form on the score sheet adjacent to the item name. The rater can choose only from these listed possibilities when performing designation ratings for each item.

With some of the OGM-focused items, it is necessary to perform two, as opposed to one, designation ratings. The first designation should indicate to whom the communication is directed — namely, the specific OGM, the group, the therapist, or a dyad — whereas the second designation should indicate whether the communication is in regard to thoughts, feelings, or behavior related to or occurring either outside or inside the group. Only the options within the two sets of parenthesis can be chosen for these items.

NOTES

In addition to the definitions and the rating criteria, this manual provides notes for each item. These notes attempt to document the procedures for dealing with ambiguous situations that tend to recur. The rater should become familiar with the content of these notes and consult them regularly.
### Abbreviations and Numbers of Objects and Contexts

The possible contexts and objects and their corresponding numbers and abbreviations are as follows:

<table>
<thead>
<tr>
<th>Abbreviation</th>
<th>Number</th>
<th>Explanation</th>
</tr>
</thead>
<tbody>
<tr>
<td>GROUP (GRP)</td>
<td>1</td>
<td>Group as a whole - including the therapist, or therapeutic process in general</td>
</tr>
<tr>
<td>THERP</td>
<td>2</td>
<td>Therapist</td>
</tr>
<tr>
<td>SELF</td>
<td>3</td>
<td>The Target Patient (TP) - The person speaking is the agent or cause</td>
</tr>
<tr>
<td>LIFE</td>
<td>4</td>
<td>Life in general, situational factors, unspecified objects, moods which descend upon a person</td>
</tr>
<tr>
<td>POG</td>
<td>5</td>
<td>People outside the group - either people in general, or specific individuals</td>
</tr>
<tr>
<td>DYAD+</td>
<td>6</td>
<td>Two or more Other Group Members (OGMs) excluding the therapist</td>
</tr>
<tr>
<td>ID</td>
<td></td>
<td>Identification number of a group member -- The video map included with each transcript should be consulted for ID numbers, and seating arrangements of the members of the group</td>
</tr>
<tr>
<td>OUTSIDE GRP</td>
<td>7</td>
<td>Outside the group - this designation is used when the target patient (TP) describes a behavior which is generally enacted outside of the group setting</td>
</tr>
<tr>
<td>INSIDE GRP</td>
<td>8</td>
<td>Inside the group - this designation is used when the target patient (TP) exhibits or refers to a behavior that occurs within the group setting</td>
</tr>
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Other Frequently Used Abbreviations

- **OGM** Other Group Member
- **TP** Target Patient
ITEM 1: STATEMENTS

Definition

A statement is a burst of speech that contains a completed thought that is separated from other speech by either 15 seconds of silence, or a statement by an OGM, or the therapist.

Instructions

All statements should be numbered in ascending order in the item 1 space on the score sheet.

Criteria for Intensity Rating

An intensity rating is not performed for this item.

Notes

(1) When a TP's presentation is interrupted by an utterance that does not qualify as a statement, the material presented both before and after the interruption should be considered part of the same statement.

(2) It is not considered a statement if a TP is interrupted or trails off in mid-sentence before a completed, understandable thought has been communicated.

(3) When more than one person is speaking at the same time, it is not necessary to rate the overlapping statements.

Examples

TP: "I really wish you would...."
OGM: "...!
TP: "...call if you can't make a group session."

This would be rated as one statement for the TP.

Non-examples

"I really wish you would....."

This burst of speech is not a completed thought, therefore it is not considered a statement.
ITEM 2: TARGET PATIENT ID

Instructions

Whenever a burst of speech qualifies for a statement, the rater needs to identify the group member who spoke. This should be done by consulting the video map and by placing the listed ID number for the patient in the item 2 space on the score sheet. When the therapist makes a statement the therapist's ID number should be recorded in this manner as well. The therapist should be scored on all items of the scale through implementation of the same guidelines used to rate the group members.

ITEM 3: LENGTH OF STATEMENT

Definition

This item measures the length of each statement. The length should be determined by consulting the time counter on the VCR. Each 5 second unit constitutes 1 point on this scale. For example, a 3 second statement should receive a rating of 1, an 8 second statement should receive a rating of 2, and a 45 second statement would receive a rating of 9. Each minute represents a score of 12. Using this method, the rater should reset the VCR counter to zero after each statement is rated.

<table>
<thead>
<tr>
<th>TIME RANGE</th>
<th>RATING</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 - 5</td>
<td>seconds = 1</td>
</tr>
<tr>
<td>6 - 10</td>
<td>seconds = 2</td>
</tr>
<tr>
<td>11 - 15</td>
<td>seconds = 3</td>
</tr>
<tr>
<td>16 - 20</td>
<td>seconds = 4</td>
</tr>
<tr>
<td>21 - 25</td>
<td>seconds = 5</td>
</tr>
<tr>
<td>26 - 30</td>
<td>seconds = 6</td>
</tr>
<tr>
<td>31 - 35</td>
<td>seconds = 7</td>
</tr>
<tr>
<td>36 - 40</td>
<td>seconds = 8</td>
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<tr>
<td>41 - 45</td>
<td>seconds = 9</td>
</tr>
<tr>
<td>46 - 50</td>
<td>seconds = 10</td>
</tr>
<tr>
<td>51 - 55</td>
<td>seconds = 11</td>
</tr>
<tr>
<td>56 - 60</td>
<td>seconds = 12</td>
</tr>
</tbody>
</table>

Scoring procedure: Whole numbers only.
ITEM 4: DISCUSS THOUGHTS, FEELINGS, OR ISSUES CONCERNING SELF

Definition

This item should be scored when the target patient discusses any thoughts, feelings or issues within the statement that pertain to his or her own life. This includes feelings regarding the therapy, the therapist, or the OGMs. The rater needs to make the distinction, however, between statement elements directed towards an OGM which are intended primarily for the benefit of the OGM and those intended to reveal the target patient’s visceral reactions toward the OGM. The latter variety would be scored on this item whereas the former would not. The examples below provide some illustrations of this distinction.

Criteria for Intensity Rating

An intensity rating is not performed for this item.

Note

Whenever Item 17, Feels Connected to Others is rated, both this item (4), and Item 5, Discusses Thoughts, Feelings, or Issues Concerning OGMs are rated.

Examples

1. "For whatever reason, it really bothers me that you are unable to stand up to your husband."

   Although this comment focuses on an OGM’s issue, it includes the TP’s personal reaction to the OGM’s issue. It would therefore be scored on this item (4) and also on Item 5. Discusses thoughts feelings, or issues concerning SELF and OGMs.

2. "I didn’t like the way people treated me here last week."

   Although the focus of this statement is the group as a whole, it is the TP’s personal reaction to the group, and it does not appear that the TP’s intention was to facilitate the discussion of a group issue. Therefore it would be scored on this item (4) only.

3. OGM: "I hate it when people don’t do something that they said they would do."
   TP: "I hate that too!"

   This is a connection and would be rated on both Items 4 & 5; it reveals something about the TP’s own issues, yet it supports an OGM.

Scoring procedure: Use X for behavior present and 0 for absent.
ITEM 4: DISCUSSES THOUGHTS, FEELINGS, OR ISSUES CONCERNING SELF (Continued)

Non-examples

1. "Maybe you do that because you're scared."

   The focus of the statement is on the OGM. Nothing about the TP is revealed.

2. "Power corrupts everyone."

   Unless this were connected to a personal experience, a general statement such as this one would not be rated on this item (4). It would, however, be scored on Item 7, Discusses impersonal or Abstract Issues.
ITEM 5: DISCUSSES THOUGHTS, FEELINGS, OR ISSUES CONCERNING OGMs

Definition

This item should be scored when the target patient's communication is intended to contribute to or facilitate the discussion of an OGM's issue.

Criteria for Intensity Rating

An intensity rating is not performed for this item.

Note

(1) Communications that appear to be directed at all of the OGMs as a whole, but not at the therapist, should be scored on this item.

(2) Whenever Item 17, Feels Connected is rated, both this item (5) and Item 4, Discusses Thoughts, Feelings or Issues Concerning Self, are rated.

Examples

1. "Maybe you got depressed because my problem at work reminded you of your problem."

   Although a TP's issue is briefly mentioned, the purpose of the comment is clearly to help the OGM understand his or her own issue. It would be scored on this item (5) only.

2. "I can identify with your reaction to people like that."

   This is a connection with another member, and thus would be scored on both items 4 & 5.

Non-examples

1. "What do you think I should do about this issue?"

   Although this question is directed toward an OGM, it is not intended to facilitate a discussion about that OGM’s issues.

2. "I don’t like what she just said."

   This reveals the TP’s feelings regarding the behavior of an OGM. It is not intended, however, to have a therapeutic effect. Therefore, it should be scored on Item 4 instead.

Scoring procedure: Use X for behavior present and 0 for absent.
**ITEM 6: DISCUSSES THOUGHTS, FEELINGS, OR ISSUES CONCERNING THE THERAPIST**

**Definition**

This item should be scored if any portion of the statement refers to the target patient's thoughts, feelings, or issues related to the therapist.

**Criteria for Intensity Rating**

An intensity rating is not performed for this item.

**Notes**

1. Either past, present, or anticipated thoughts or feelings regarding the therapist would qualify for this item.
2. Questions directed toward the therapist should be scored on this item.
3. Do not use this item when the therapist speaks of himself or herself. Instead score such a statement on Item 4, Discusses Thoughts, Feelings, or Issues Concerning Self.

**Examples**

1. "I expected to like you [the therapist] before I ever met you."
2. "I will miss you [the therapist] when the group ends."
3. "We need stronger leadership in this group."

*Unless the context specifies otherwise, it is safe to assume that the TP is expressing frustration with the therapist.*

4. "Why didn't you [the therapist] stop him from getting so out of hand?"

**Non-examples**

1. "I don't think this group has been very effective."

*Unless it is clear from the context that the TP is blaming the therapist for the situation, this would not qualify, as it is referring to the group as a whole.*

Scoring procedure: Use X for behavior present and 0 for absent.
ITEM 7: DISCUSSES IMPERSONAL OR ABSTRACT ISSUES

Definition

This item should be used when the target patient makes universal, generalized comments.

Criteria for Intensity Rating

An intensity rating is not performed for this item.

Note

When the TP uses the impersonal pronouns "one" or "you", the rater must attempt to determine to whom the TP is referring. If context suggests that the TP is referring either to the SELF or to an OGM, then the appropriate items should be considered. If, however, there is some ambiguity regarding the subject of the pronouns, or the pronouns are used in the "abstract" or "universal" sense, then a rating on this item should be performed. If the rater feels it is appropriate, ratings on either Items 4 or 5 can be performed with this item (7) for the same statement.

Examples

1. OGM: "I’ve come to the conclusion that people in relationships always end up hurting each other."
   TP: "I think that has to do with the fact that when you care about someone you almost automatically start to expect too much from them."

   This interchange is purely on the abstract level; there is no specific reference to personal experiences of either the TP or the OGM. It would, therefore, be scored. It is possible, however, that the TP is attempting to explain the dynamics of a situation previously referred to by the OGM. In this case, it would be appropriate to rate the statement on Item 4 as well as this item (7). The rater would need to refer to context to make the necessary decision.

2. "After my car finally got booted, I realized that, in general, one does not benefit from procrastination."

   In this example, the TP makes a general statement based on a personal experience. Therefore, this would again be rated on Item 4 and this item (7).

3. OGM: "I get incredibly anxious when I start to think about the future."
   TP: "One needs to live moment by moment."

   Although this is an universal axiom, context indicates that it is directed toward the OGM. It would, therefore, be scored on Item 5, Discusses Thoughts, Feelings, or Issues Concerning OGMS and Item 23, Gives Advice, as well as on this Item (7).

Scoring procedure: Use X for behavior present and 0 for absent.
ITEM 8: USES HUMOR

Definition

This item should be used when, in the judgement of the rater, the target patient's behavior evokes laughter from any of the OGMs or from the therapist. It is also used when the target patient alone laughs during or after a statement.

Criteria for Intensity Rating

An intensity rating is not performed for this item.

Note

The syntax of humorous comments often conforms to the definition of another IGIPS item. If the comment is not meant to be taken seriously, however, it should not be scored on this other item, regardless of syntax.
ITEM 9: SELF-INITIATED STATEMENT

Definition

This item is used if the statement was made as a result of the target patient’s own initiative; in other words, it was not made in response to a comment or solicitation directed toward the target patient by either the therapist or an OGM.

Criteria for Intensity Rating

An intensity rating is not performed for this item.

Notes

(1) TP statements made in response to enhanced OGM-awareness (See Item 22) or advice should not be considered self-initiated statements.

(2) TP statements that begin by providing requested information but then disclose information that was not requested should not be considered self-initiated statements.

(3) TP statements that are initiated in response to questions directed toward the group as a whole should be scored here.

(4) TP statements that are interrupted by an OGM or therapist statement before their seemingly natural completion, but then continue after the interruption should be considered self-initiated statements.

Examples

1. Therapist: “How do you think you will decide what to do?”
   OGM: “I never know how to decide these things.”
   TP: “I don’t either. No one does. This whole life thing is impossible.”

   In this instance, there was no comment directed toward the TP. The TP clearly initiated the statement.

2. Therapist: “How are people feeling today?”
   TP: “I’ve had a horrible day so far.”

   As the question was not specifically directed toward the TP, this would qualify as a self-initiated statement.

3. TP: “I have something important that I need to say…”
   OGM: “That’s what you always think!”
   TP: “It has to do with what happened last week.”

   The TP statement that follows the interruption would be considered self-initiated.

Scoring procedure: Use X for behavior present and 0 for absent.
ITEM 9: SELF-INITIATED STATEMENT (Continued)

Non-examples

1. OGM: "It sounds like you [the TP] get very angry at people when they tell you what to do."
   TP: "Well, I'm not really sure if that is true."

   Even though the OGM's comment is not a specific solicitation to speak, the TP's statement is made in response to the comment. It is, therefore, not considered a self-initiated statement.

2. OGM: "How old were you when that happened?"
   TP: "I was about 16. But you know, that reminds me of something else I wanted to talk about..."

   Although the major portion of this comment will not be in response to an OGM's comment, the initial portion of the statement was elicited by the OGM. This type of statement should not count as a self-initiated statement.
ITEM 10: DISCLOSES PERSONAL MATERIAL

Definition

Personal material refers to information about one’s life or one’s feelings that would not normally be revealed in standard social situations. In other words, material that is painful, potentially embarrassing, or that might make the speaker appear vulnerable.

The best way to conceptualize the construct of "personal material" is as follows: imagine your “average” person at a cocktail party with a group of strangers. Anything that the average person might consider too personal to discuss in this setting, before imbibing the first drink should be rated on this item.

Criteria for Intensity Rating

The degree of risk-taking or vulnerability reflected in the statement.

Note
Specific personal information that was previously revealed by the TP should be scored lower, than information that is revealed for the first time.

Rating Guidelines for Intensity

0 = NO risk or vulnerability
1 = SLIGHT degree of risk or vulnerability
3 = MILD degree of risk or vulnerability
5 = MODERATE degree of risk or vulnerability
7 = EXTREME degree of risk or vulnerability
9 = VERY EXTREME degree of risk or vulnerability

Scoring procedure: For each designation rate intensity from 0 to 9.
ITEM 10: DISCLOSES PERSONAL MATERIAL (Continued)

Designation Criteria

The context of the TP's statement. The two context designations used on these ratings are Outside the group and Inside the group.

Outside the Group (designation = 7): This designation should be used when the disclosed material pertains to the TP's life outside of the group.

Examples

"I always end up staying home alone on weekends." (Intensity = 4)

"I was abused as a child." (Intensity = 8)

Inside the Group (designation = 8): This designation should be used when the disclosed material is in regard to the TP's feelings toward the group, the therapist, or any of the OMGs.

Examples

"I want to thank everyone in here for supporting me throughout all of this." (Intensity = 2)

"I don't think the group is really helping me very much." (Intensity = 3)

"I always feel so inferior to you; you appear so confident." (Intensity = 5)

"I had the most unbelievable sexual dream about you the other night." (Intensity = 9)

Scoring procedure: For each designation rate intensity from 0 to 9.
AFFECT (General Notes)

Affect and Affective Detachment should be considered each time the target patient makes a statement. However, unlike most of the other items, in rating affect, non-verbal behavior exhibited between statements may need to be considered. For example, if the target patient sobs between statements, but is able to attain composure before uttering the next statement, the rater would still want to take the sobbing into account when making the rating. The consideration of non-verbal behavior is also quite common in regard to laughter.

The rater does not need to choose between the items of Affect (Item 11) and Affective Detachment (Item 12) for each statement. Both behaviors can be exhibited within the same statement and should be rated accordingly.

Finally, the rater should not consider the semantic content of the statement. Instead, Affect ratings should be based solely on the behavioral manifestations, such as tone of voice of the target patient or physical movements such as walking out of the room and slamming the door. In theory, Affect ratings could be performed on subjects conversing in a language foreign to the rater.
ITEM 11: EXPRESSES AFFECT

Definition

This item measures the amount of emotion that the target patient exhibits. It includes the whole spectrum of human emotion, including anger, sadness, fear, happiness, animation, and laughter.

Criteria for Intensity Ratings

The intensity and depth of the peak affect.

Notes

1) The rater needs to make the distinction between depression and sadness. Sadness should receive high ratings on this item, whereas pure forms of depression can usually be scored on Affective Detachment (Item 12). As there is a fine line between these two feeling states, patients often switch abruptly from one state to the other. Therefore, it is common to see dramatic shifts on affect ratings when rating sad or depressed patients.

2) The rating should correspond to the highest level of affect (the "peak affect") that is expressed for that statement. This means that the rating should not reflect the mean affect expressed within a statement.

3) The rating should consider the TP's affect just before and just after the statement, as well as during the statement, since speaking can often require some suppression of affect. The degree of affect suppression should be reflected in Affective Detachment, (Item 12).

Scoring procedure: Intensity ratings from 0 to 9.
ITEM 11: AFFECT (Continued)

Rating Guidelines for Intensity

In determining the intensity ratings for affect, the rater needs to conceptualize the item as consisting of a natural dividing line between two different levels.

The first level is represented by a score within the 0 to 5 range. This range should be used to indicate that the TP's statement is delivered in a "normal speaking voice". The five point spread within this level should be used to reflect the degree of animation that characterizes the tone of delivery.

The second level is represented by a score within the 5 to 9 range. This range should be used when the behavior exhibited by the patient could be described accurately by an adjective denoting a specific emotion. Again, the 5 to 9 spread within this second level should represent emotional intensity.

LEVEL ONE: (0-5)  [Degree of animation in "normal speaking voice",]

0 = NO noticeable animation.
1 = MILDLY animated delivery.
3 = MODERATELY animated delivery.
5 = STRONGLY animated delivery without definable emotion.

LEVEL TWO: (5-9)  [Must be able to select an adjective that would appropriately describe the type of emotion exhibited]

5 = MILD emotion
7 = MODERATE emotion
9 = STRONG emotion

Scoring procedure: Intensity ratings from 0 to 9.
ITEM 12: AFFECTIVE DETACHMENT

Definition

This item measures the degree to which the target patient's voice and physical presentation possess the following qualities of affective detachment:

- Low volume
- Monotones
- Pacing irregularities (e.g., rapid, slow or overly rhythmic speech)
- Indistinct word articulation
- Frequent pauses
- Hesitation words (e.g., "um", "I don't know", etc.)
- Incongruence between speech content and affect
- Slumped posture
- Lowered head
- Obvious lack of eye contact

Criteria for Intensity Rating

The greater the number of qualities of affective detachment that are present the higher the rating.

Rating Guidelines for Intensity

0 = NO qualities of affective detachment
1 = SLIGHT affective detachment
3 = MILD affective detachment
5 = MODERATE affective detachment
7 = PRONOUNCED affective detachment
9 = EXTREME affective detachment
SENTIMENT ITEMS

There are three considerations that must be made when rating sentiment, all of which affect the final sentiment rating:

1. EXPLICIT vs. IMPLICIT expression of the sentiment;
2. TEMPORAL setting of the sentiment;
3. STRENGTH of the sentiment expressed.

EXPLICIT sentiment:
Sentiment is considered EXPLICITLY expressed when the statement contains words that clearly convey how the target patient feels about personal behaviors, relationships or situations or how the target patient values these realities. (eg. good, bad, happy, sad, etc.) Whether or not an explicitly expressed sentiment is rated in the 1 to 5 range or the 5 to 9 range depends on the time period in which the sentiment is experienced and where this time period stands in the IGIPS Temporal Hierarchy (p.20).

IMPLICIT sentiment:
In the case of IMPLICIT sentiment it is often difficult to determine whether the target patient’s description of personal behaviors or personal realities should be rated on a sentiment item. The general rule is that the rater needs to infer how the target patient feels, in terms of "good" or "bad", about the described behavior. If there is any evidence that this kind of value judgement exists then sentiment should be scored. The rater will need to examine the context, the connotation of the language, and the tone of voice for clues as to the existence of a implicit value judgement.

For example, the target patient may proclaim "I don't have many friends." Although many people may consider this a problem, the target patient may not necessarily see it this way. Only by considering the guidelines discussed above can the rater gather enough information to infer how the target patient feels about the situation. Whenever the sentiment is not EXPLICITLY expressed, rating would remain in the 1 to 5 range.
SENTIMENT ITEMS (Continued)

TEMPORAL HIERARCHY

RATED HIGHER

Immediate Present
That which is being experienced during the current statement.

Session Present
That which was experienced within the current group session but prior to the current statement.

General Present
That which was experienced within the lifespan of the group but prior to the current session. (Sentiment which was experienced later in the group should be scored higher than sentiment experienced early in the group.)

Past
That which was experienced prior to the lifespan of the group. (Sentiment experienced during the recent Past should be scored higher than sentiment experienced during the remote Past.)

Future
That which is expected to be experienced after the completion of the group.

RATED LOWER
SENTIMENT ITEMS (Continued)

Intensity Rating Guidelines

LEVEL ONE: (1-5)

Behavior that IMPLICITLY reveals the existence of positive or negative sentiment within the IMMEDIATE PRESENT or the SESSION PRESENT or the use of language that EXPLICITLY states the existence of positive or negative sentiment within the GENERAL PRESENT, PAST, or FUTURE.

1 = MILDLY positive or negative sentiment

3 = MODERATELY positive or negative sentiment

5 = STRONGLY positive or negative sentiment

LEVEL TWO: (5-9)

Language that EXPLICITLY states the existence of positive or negative sentiment within the IMMEDIATE PRESENT or the SESSION PRESENT.

5 = MILDLY positive or negative sentiment

7 = MODERATELY positive or negative sentiment

9 = STRONGLY positive or negative sentiment

Scoring procedure: A designation should be recorded before the slash (4/) and the intensity rating is recorded after (/9).
SENTIMENT ITEMS (Continued)

SENTIMENT DECISION TREE

POSITIVE or NEGATIVE?

IMPLICIT or EXPLICIT?

EXPERIENCED IN THIS SESSION?

YES  NO

SCORE 1-5  DO NOT SCORE

EXPERIENCED IN THIS SESSION?

YES  NO

SCORE 5-9  1-5

Scoring procedure: A designation should be recorded before the slash (\(4/\)) and the intensity rating is recorded after (\(I/9\)).
ITEMS 13 & 14: EXPRESSES NEGATIVE & POSITIVE SENTIMENT

Definition

These items covers the entire gamut of negative sentiment (e.g. criticism, anger, disappointment, dissatisfaction, frustration, blame, and pessimism) or positive sentiment (e.g. support, approval, satisfaction, affection, admiration, and optimism).

Criteria for Intensity Ratings


Designation Criteria

The designation ratings made with these items represent the people toward whom the sentiment is directed. In cases where sentiment is expressed toward more than one designee in the same statement, the rater should rate only for the designee who receives the strongest sentiment.

Notes

1. Pessimistic or Optimistic sentiment should be rated in the 1-5 range.

2. Simple supportive behavior directed toward an OGM should be treated as implicit positive sentiment.

3. The Group (1) designation should be used when the TP expresses sentiment about the therapeutic process (e.g. That he/she finds it un/helpful, un/enjoyable, or un/thought provoking).

4. For a statement to be considered explicit (one of the criteria that must be met for a rating in the 5-9 range), a clearly negative or clearly positive term must be present.

5. A term that expresses the absence of a feeling or value, such as "not good" or "not happy," is considered implicitly negative or positive, and therefore is rated in the 1-5 range.

Scoring procedure: A designation should be recorded before the slash (4/) and the intensity rating is recorded after (7/19).
ITEM 13: EXPRESSES NEGATIVE SENTIMENT

Examples

1 to 5 Range

Mild  "I can't see how this group is going to help me."

*This is a pessimistic statement regarding the appropriateness or effectiveness of the group.* Rating = 1/2.

Moderate "I think this discussion is fairly mindless."

*This is implicitly negative sentiment, held in the immediate present.* Rating = 6/3.

Strong "As far as I can tell, everyone in here is acting like a bunch of babies."

*This is an implicitly stated negative sentiment in the immediate present.* Rating = 6/5 (depending upon context and tone of voice).

5 to 9 Range

Mild  "I think your problem might be that you think you're too good for that kind of thing."

*This is explicit, negative sentiment held in the immediate present.* Rating = 10/5.

Moderate "I think the president is a jerk."

*This negative sentiment is explicit and is being expressed in the immediate present.* Rating = 5/7.

Strong "I'm depressed as hell!"

*The statement explicitly expresses negative sentiment in the immediate present.* Rating = 4/9.

Scoring procedure: A designation should be recorded before the slash (4/) and the intensity rating is recorded after (/9).
ITEM 14: EXPRESSES POSITIVE SENTIMENT

Examples

1 to 5 Range

Mild "Although I only met him about 5 minutes earlier, I thought he was a nice guy."

This is explicitly stated positive sentiment that appears to have occurred in the past. Rating = 5/2.

Moderate "After years of being stubbornly independent, I am finally able to ask people for help when I need it."

The sentiment expressed is implicit and occurs in the immediate present. Rating = 3/3.

Strong "I know that I am going to love graduate school. Studying always made me very happy."

This is both an optimistic statement, and a communication about positive sentiment that was held in the past. Rating = 4/5.

5 to 9 Range

Mild "I look forward to coming to the group."

This positive sentiment is explicit and in the immediate present. Rating = 1/5.

Moderate "I've gotten much better at doing that kind of thing since I started coming to the group."

This positive sentiment is explicit and in the immediate present. Rating = 3/7.

Strong "I think your honesty is so wonderful."

The positive sentiment is held in the immediate present and is explicit. Rating = 10/9.

Scoring procedure: A designation should be recorded before the slash (4/) and the intensity rating is recorded after (/9).
ITEMS 15 & 16: INTERPERSONAL SENSITIVITY & INSENSITIVITY

Definition

Interpersonal Sensitivity is a bipolar dimension of behavior that reflects the degree of awareness, understanding, and concern the target patient has with the thoughts and feelings of another person. Each of the two poles of this dimension is considered a separate item. In Interpersonal Sensitivity (Item 15), the thoughts and feelings of another person have an impact and generate a response in the target patient that communicates understanding and caring to the other. In Interpersonal Insensitivity (Item 16), the opposite is true. The target patient is unaffected by another person's thoughts or feelings, or if he or she is affected, there appears to be a lack of understanding and/or caring about the other.

SENSITIVITY is composed of the following elements:

1. Effect or impact of another on TP
2. Understanding of the other
3. Concern and/or Kindness

INSENSITIVITY is composed of the following elements:

1. Lack of effect or impact of another on TP
2. Misunderstanding of the other
3. Rudeness and/or Unkindness

Often a single statement may reflect sensitivity in one respect and insensitivity in another. For example, a TP, may be being sensitive to one group member and insensitive to other group members within the same statement. Alternatively, a TP may be sensitive to one aspect of another group member's thoughts and feelings and insensitive to another aspect. When this occurs, the ratings for both Items 15 and 16 should reflect this discrepancy.

The magnitude of the intensity ratings should reflect the degree to which the OGM is likely to experience the communications in either of these two ways. In other words the rater should consider more than the intentions of the TP. For example, the TP may intend a comment to be helpful or accepting, yet, if delivered in a tactless manner, the comment may actually embarrass the OGM. In such instances, the ratings should reflect the likely effect on the OGM and not the intended one.
ITEMS 15 & 16: INTERPERSONAL SENSITIVITY & INSENSITIVITY (Continued)

Sensitivity/Insensitivity Ratings for TP's Own Issues

Rating sensitivity for statements of a TP who is discussing his or her own issues is slightly different from rating the sensitivity of a TP who is responding to an OGM's issues. In this situation the following guidelines can be used to assist rating:

1. How much awareness of others in the group is reflected in the TP's statement?

2. Does the content of the TP's statement reflect any sensitivity regarding the contributions by OGMs to his or her issues, in terms of:
   a) acknowledgement
   b) appreciation
   c) consideration

Designation Instructions

The following object designations are used for interpersonal sensitivity and insensitivity: (1) GROUP, (2) THRP, (5) POG, (6) DYAD + , and ID. In cases where sensitivity or insensitivity is expressed toward more than one designee in the same statement, the rater should rate only the designee who is treated most sensitively and/or insensitively.

Notes

(1) A clue to the presence of sensitivity or insensitivity is often the relevance or irrelevance of the TP's statement to the thoughts and feelings of the other.

(2) Reflecting statement: A standard rating of 3 should be given to a statement that is only a direct reflection or repetition of an OGM's statement, as long as the tone of voice supports a 3-level of sensitivity, and the reflecting statement is likely to be inoffensive to the OGM.

(3) TP's response to an OGM's question: When a TP is focused on his/her own issues, and demonstrates sensitivity to others only by responding to an OGM's question, the sensitivity should be rated at a 3-level, as long as the TP manifests none of the other elements of sensitivity.

(4) When the TP cuts off an OGM, the rater should carefully consider whether or not this is inconsiderate to the OGM. If the TP completely changes the subject, then a 5 rating for Insensitivity should be given.
ITEM 15: INTERPERSONAL SENSITIVITY (Continued)

Intensity Rating Guidelines

Ratings should be guided by assigning a 5 rating when a statement is delivered with the amount of sensitivity typical of a polite and pleasant social comment. For ratings below 5 there should be some of the elements of sensitivity, but less than the typical amount. Ratings above 5 would be used when the sensitivity clearly indicates that the TP is in tune with the thoughts and/or feelings of the other.

0 = NO Sensitivity
1 = SLIGHT Sensitivity
3 = MILD Sensitivity
5 = MODERATE Sensitivity
7 = PRONOUNCED Sensitivity
9 = EXTREME Sensitivity

Examples

0 - No Sensitivity

OGM: "I felt really judged a few minutes ago, and I felt very alone. It felt like all of you were a group and I was an outsider."

TP: "You're just jumping to conclusions. You're just much too excitable and paranoid."

This statement possesses none of the elements of sensitivity. The TP is denying the validity of the OGM's concerns, is not appearing to understand the OGM's feelings, and is, in fact, doing exactly what the OGM claims to currently feel alone about - passing judgement.

3 - Mild Sensitivity

OGM: "I cry uncontrollably now, for no apparent reason. I'll be at my desk working, and all of a sudden there will be tears in my eyes, just running out of my eyes. I'm not even thinking of something sad."

TP: "You don't know where it comes from?"

A 3 rating is given because the statement is essentially reflecting back part of the OGM's statement without any other indication of responsiveness, understanding or caring directed at the OGM.

Scoring procedure: Designation / Intensity rating.
ITEM 15: INTERPERSONAL SENSITIVITY (Continued)

Examples (Cont'd)

5 - Moderate Sensitivity

OGM: "Five minutes ago I was going to run out of the room."

TP: "I'm glad you didn't. I really value your contributions to the group."

Several of the elements of Sensitivity are present in this statement - awareness of the TP's thought and feeling, as well as a kind response. This is typical of a polite, pleasant response in a normal social setting.

7 - Pronounced Sensitivity

[At the first group session, two members realize that they both work for the same large organization.]

OGM: "I don't feel comfortable in terms of what I can say, because you may well be a person sitting on a committee when I go for a promotion."

TP: "In terms of you interviewing for a promotion, I can disqualify myself easily. The other issue is how much you want to be known about you at work and how much you trust me to keep group information confidential. I can assure you that I am very discrete."

The TP has obviously heard the OGM's concern, understands it, and directly addresses it in a concrete manner. While this implies some concern, kindness and concern are not directly expressed.

9 - Extreme Sensitivity

OGM: "I don't trust people very much at all, especially if it's around issues like sexual abuse."

TP: "I appreciate that you're open enough to tell us that. Given the history you've shared with us, such lack of trust is perfectly understandable. Obviously you've endured a lot of pain. I wouldn't want you to talk about anything here until you feel comfortable and trusting enough. Maybe that will happen once you've heard others reveal difficult issues in their lives."

The TP's statement has all of the elements of sensitivity - awareness, understanding and kindness.

Scoring procedure: Designation / Intensity rating.
ITEM 16: INTERPERSONAL INSENSITIVITY (Continued)

Intensity Rating Guidelines

Ratings should be guided by assigning a 5 rating when a statement is delivered with the amount of insensitivity typical of an unkind, cold rebuke. Again ratings below 5 should have some of the elements of insensitivity, but less than average amount. Ratings above 5 would be used when the insensitivity of the statement indicates that the TP is out of tune with the thoughts and/or feelings of the other.

0 = NO Insensitivity
1 = SLIGHT Insensitivity
3 = MILD Insensitivity
5 = MODERATE Insensitivity
7 = PRONOUNCED Insensitivity
9 = EXTREME Insensitivity

Examples

0 - No Insensitivity

OGM: "I think I understand why you're so angry. The way I spoke to you may have reminded you of how your father used to criticize you."

TP: "That may be true. It's very kind of you to try to understand me when I am being so irritable and snappish with you.

This statement is the TP's response to an OGM's feedback on his or her (the TP's) own issue. There is acknowledgement, consideration and appreciation expressed about the OGM's feedback. None of the elements of Insensitivity are present.

3 - Mild Insensitivity

OGM: "There are a lot of things that get on my nerves and sometimes they all come together."

TP: "I would never think that about you. I think it's wonderful how you're able to hide your irritability and behave in a calm, friendly way."

This statement reflects kindness, yet is insensitive in how it fails to reflect acknowledgement of how the OGM experiences a problem or any understanding of that problem.

Scoring procedure: Designation / Intensity rating.
ITEM 16: INTERPERSONAL INSENSITIVITY (Continued)

Examples (Cont'd)

8 - Moderate Insensitivity

OGM: "How did things turn out on that date you were nervous about last week?"

TP: "Quite well, thank you. I'd like to notify the group that I will be out of town the second week in April."

This is a fairly cold, formal and impersonal reply to an interested comment from an OGM. 5 is the standard rating for this.

7 - Pronounced Insensitivity

OGM: "I can't afford $35 a week for this group."

TP: "Everyone gets hung up on the money. The point is you have to pay for what you get in here. One of the reasons psychiatrists charge seventy-five bucks is that it adds real value. It makes you work. So stop worrying about the money."

The TP has not indicated awareness of the word "afford" that was uttered by the OGM, and has gone on to explain a philosophy of fee setting in clinical treatment that may or may not be relevant to the OGM.

9 - Extreme Insensitivity

(The therapist's comment below follows a discussion of a very sensitive issue belonging to one group member. Many of the other group members have attempted to help this vulnerable group member.)

Therapist: "How's everybody doing with this discussion."

TP: "I'm very bored and ready to leave. I'm sick of discussing this subject and haven't heard much of what you half-assed social workers have said."

This statement demonstrates unconcern, unkindness, and lack of understanding on the part of the TP. Although he has responded to the therapist's statement, there was no real contribution made.

Scoring procedure: Designation / Intensity rating.
ITEM 17: FEELS CONNECTED TO OTHERS

Definition

This item is rated for communications that reveal a sense of connectedness with other people. These include feelings of similarity, intimacy, integration, bonding, agreement, and empathy, as well as the identification of shared experiences or circumstances. Often connectedness is apparent when the target patient identifies a shared feeling, a shared interpersonal enactment, or a shared pattern of behavior. At times the target patient explicitly states the existence of connectedness between him or herself and another person.

Criteria for Intensity Rating

An intensity rating is not performed for this item.

Notes

(1) Agreeing with the opinion of an OGM regarding the dynamics of an additional group member can be scored on this item.

(2) Whenever this item is scored, with an Inside the group designation, Item 4 and Item 5 (Discusses Self and Discusses OGM) should be scored.

Designations Instructions

The following object designations are used for ratings: (1) GROUP, (2) THRP, (5) POG, (6) DYAD +, and ID.

Examples

1. "My brother and I think exactly alike in that way." Designation = 5 (Agreement)

2. "I feel very close to my co-workers. We’re all fighting against the same tyrant of a boss." Designation = 5 (Intimacy, Bonding)

3. "It’s good to know that people in here have the same kind of problems, and to realize that you are not the only one who feels the way you feel."
   Designation = 6 (Similarity)

4. "Everyone in here, including myself, seems to have trouble revealing himself to the group." Designation = 6 (Similarity)

5. OGM: "My boss and I don’t get along very well. He refuses to give me any kind of real responsibility."
   TP: "I have a problem with my boss too, but it’s slightly different. He always gives me too much work to do." Designation = ID (Similarity)

6. "I think both John (an OGM) and I feel like outsiders in this group. I think it is because we are the only gay people here." Designation = ID (Similarity)

Scoring Procedure: Record designation or ID number for behavior present.
ITEM 18: FEELS DISCONNECTED FROM PEOPLE

Definition

Communications that reveal a sense of disconnectedness from people. These include feelings of alienation, dissimilarity, disagreement, and loneliness, as well as the identification of discrepant experiences or circumstances. Often disconnectedness is apparent when the target patient identifies a discrepant feeling, a discrepant interpersonal enactment or a discrepant pattern of behavior. The target patient may even explicitly state the existence of disconnectedness.

Criteria for Intensity Rating

An intensity rating is not performed for this item.

Notes

(1) Disagreeing with the opinion of an OGM regarding the dynamics of another group member can be scored.

(2) Disconnectedness expressed in regard to hypothetical situations should be scored.

Designations Instructions

The following object designations are used for rating: (1) GROUP, (2) THRP, (5) POG, (6) DYAD +, and ID.

Examples

1. "My wife and I are completely different in our approach toward child rearing." Designation = 5 (Dissimilarity)

2. "I don’t know, we’re both from such different backgrounds. She went to college and I didn’t, her parents are rich and all that. It makes it very difficult." Designation = 5 (Identification of discrepant experiences)

3. "I never really feel like I fit in when I am with a lot of people." Designation = 5 (Dissimilarity, Alienation)

4. "Sometimes I get lonely." Designation = 5 (Loneliness)

5. "Most people in here are having problems with drugs or alcohol, whereas I don’t have those kinds of problems." Designation = 5 (Dissimilarity)

6. "I disagree. I definitely think the recession could have been avoided." Designation = 5 (Disagreement)

Scoring Procedure: Record designation or ID number for behavior present.
ITEM 19: EXHIBITS CONFUSION OR UNCERTAINTY

Definition

This item should be used when the target patient expresses confusion or uncertainty regarding: (1) issues related to his/her identity or goals, (2) the existence of a feeling, interpersonal enactment, or pattern of behavior, in his/her life or (3) an understanding of the experiences or circumstances correlated with, or casually related to a feeling, an interpersonal enactment, or pattern of behavior in his/her life.

Criteria for Intensity Rating

An intensity rating is not performed for this item.

Designations Instructions

The following context designations are used for rating: (7) Outside the group, and (8) Inside the group.

Examples

1. OGM: "It seems to me that you have a hard time making a commitment to things."  
   TP: "I don't know if that is true about me or not."
   
   *The TP explicitly states the unawareness regarding the existence of a pattern of behavior.*

2. "I think I like him, but I am not sure yet."

   *This expresses uncertainty regarding a feeling toward someone.*

3. "I keep changing my mind about whether I want to make a lot of money in business or drop out of the whole rat race altogether."

   *This expresses uncertainty regarding lifetime goals.*

4. "I feel the group has helped me a great deal, yet I can't figure out why."

   *This expresses uncertainty about the experiences that are causally related to the TP's enactments in the group.*

5. "I don't know how you could help me."

   *The TP is uncertain about an interpersonal enactment.*

Scoring procedure: Record Inside-Outside Designation for behavior present.
ITEMS 20 & 21: AWARENESS (General Notes)

Ratings on Items 20 and 21 utilize a concept of therapeutic growth that is based on a psychodynamic, interpersonal perspective. This perspective conceives of therapeutic growth as involving a heightened awareness of immediately present feelings and internal processes combined with an increased understanding of the factors responsible for their existence. The perspective provides the rater with a hierarchy of temporal foci, issues, and degrees of elaboration to be used in evaluation of target patient statements. The hierarchy favors the immediate present, interpersonal issues, and high levels of elaboration. It disfavors the past or future tenses, non-interpersonal issues, and vagueness. For example, a statement that contains a brief reference to career related issues would score lower than a statement that contains an elaborated understanding of problems related to intimacy.

The chart below provides the rater with a visual reference for conceptualizing the hierarchy.

<table>
<thead>
<tr>
<th>RATED HIGHER</th>
<th>RATED LOWER</th>
</tr>
</thead>
<tbody>
<tr>
<td>ELABORATED</td>
<td>&lt;-----&gt; NON-ELABORATED</td>
</tr>
<tr>
<td>INTERPERSONAL ISSUE</td>
<td>&lt;-----&gt; NON-INTERPERSONAL ISSUE</td>
</tr>
<tr>
<td>IMMEDIATELY PRESENT</td>
<td>&lt;-----&gt; PAST TENSE, FUTURE TENSE</td>
</tr>
</tbody>
</table>

* See Temporal Hierarchy (p.20) for detailed description of the various levels within this dimension.

Ratings on Items 20 and 21 are made in two steps:

**Step One** is a preliminary rating. It is based on the complexity of the therapeutic growth involved in the statement (see pp. 37 & 43);

**Step Two** utilizes the therapeutic growth hierarchy above to raise or lower the preliminary rating two points in either direction.
ITEM 20: DEMONSTRATES SELF-AWARENESS

Definition

There are three kinds of behavior that qualify for this item: (1) the stated awareness of a feeling, (2) the stated awareness of a pattern of behavior, or (3) the stated awareness of an interpersonal enactment.

Criteria for Intensity Rating

Step One - Preliminary rating

Ascertain the Preliminary Rating for each designation (Outside the Group = 7 and Inside the Group = 8) through adherence to the guidelines below. The final rating for each designation must remain within two points in either direction of the Preliminary Rating.

Preliminary Rating = 2: the acknowledgment of a feeling, or the acknowledgement of an interpersonal enactment.

Preliminary Rating = 5: the acknowledgment of a pattern of behavior, or the identification of the co-existing circumstances or experiences correlated with, or causally related to a feeling or an interpersonal enactment.

Preliminary Rating = 8: the identification of the pre-existing circumstances or experiences causally related to a feeling, to an interpersonal enactment, or to a pattern of behavior.

See Note #1 on the next page for Inside the Group definitions of terms used in the preliminary ratings above.
ITEM 20: DEMONSTRATES SELF-AWARENESS (Continued)

Step Two - Final rating

The final rating should be within two points above or below the preliminary rating. It is determined by the degree to which the self-awareness reflected within the statement appears to represent therapeutic growth. Therefore self-awareness should be evaluated in terms of the relevant dimensions included in the therapeutic growth concept and through utilization of common sense and clinical judgement. To ascertain the degree of therapeutic growth reflected in a statement, the rater should ask the following questions concerning the dimensions of therapeutic growth:

(a) To what degree is the self-awareness elaborated (worked out in detail)? (The presence of elaboration should be considered for feelings or behaviors, as well as the factors correlated with, or causing the existence of those feelings and behaviors.)

(b) To what degree is the self-awareness related to interpersonal functioning?

(c) Where is the temporal focus of the self-awareness positioned within the Temporal Hierarchy?

Notes

(1) Inside the Group Definitions

Pattern of behavior - Behavior that occurs within more than 1 session.

Co-existing circumstances or experiences - Circumstances or experiences that originated during the lifespan of the group.

Pre-existing circumstances or experiences - Circumstances or experiences that originated prior to the lifespan of the group.

(2) Pattern of behavior, whether inside or outside the group, is defined as a habitual way of conducting oneself. A reference to a long-term feeling state (e.g., "I've been depressed for a year") is not considered an awareness of a pattern of behavior, but rather, the awareness of feeling, and would receive a preliminary rating of 2.

(3) Demonstrated self-awareness that merely involves the identification of the person(s) toward whom a feeling is directed should receive a Preliminary Rating of 2. On the other hand, awareness that involves articulation of those characteristics of the person(s) that engender the feeling should receive a Preliminary Rating of 5. (Remember that the term "persons" also includes institutions comprised of, or created by people.)

(4) To qualify for this item, the awareness needs to be explicitly expressed. Even if it appears clear from tone of voice, non-verbal behavior, or contextual cues that the TP feels a certain way, the item should not be scored unless the awareness is stated.

Scoring Procedure: For each designation rate intensity 0-9.

-37-
ITEM 20: DEMONSTRATES SELF-AWARENESS (Continued)

Notes (Cont'd)

(5) Statements that use the pronoun "we" to express an awareness should be scored.

(6) People often use the verb "to think" to convey feelings. If the rater infers that the verb "to think" is used in this manner, then a rating should be made.

(7) People often use the word "feeling," to describe an idea rather than a feeling. When the TP uses the phrase "I feel...", the rater should ascertain whether or not an actual feeling is in the TP's awareness.

(8) The awareness of feeling states within a dream do not qualify for this item.

(9) Demonstrated awareness of how an individual outside the group feels or relates to the TP should receive a Preliminary Rating of 2.

(10) Designation 7 (Outside the Group) should be used to rate feelings toward people or situations described by an OGM that pertain to the outside world.

Examples of Designation 7 (Outside the Group)

This designation should be used when the self-awareness is in regard to a feeling interpersonal enactment or pattern of behavior that pertains to the TP's life outside of the group, or to life in general.

1. "I wasn't very nice to him after he said that."

   This represents awareness of an interpersonal enactment. Preliminary rating = 2

2. "I've been quite depressed lately."

   This a recognition of a feeling without the identification of the circumstances or experiences with which it is associated. Preliminary rating = 2

3. "That whole breakup really hurt me a lot."

   This is an explicit recognition of a feeling as well as the circumstances that caused it. Preliminary rating = 5

4. "We (my husband and I) prefer to keep things on a rather superficial level."

   The TP recognizes the existence of a pattern in her relationship with her husband. Preliminary rating = 5

Scoring Procedure: For each designation rate intensity 0-9.
ITEM 20: DEMONSTRATES SELF-AWARENESS (Continued)

Examples of Designation 7 (Cont'd)

5. "I've never really been able to express my feelings. That was something which was not encouraged by my family."

   This involves the acknowledgement of a pattern of behavior and the past circumstances that may be responsible for its existence. Preliminary rating = 8

6. "I hate my brother."

   This merely identifies the person toward which a feeling is directed. Preliminary rating = 2

7. "I hate my brother. He's always been so selfish."

   This statement identifies the characteristics of the person that engenders the feeling. Preliminary rating = 5 (See Note 3)

Non-examples of Designation 7

1. "I know my parents will not want me to get married now."

   This statement does not qualify as a feeling, an interpersonal enactment that has actually taken place with the parents, or a pattern of behavior. Therefore it would not be rated as self awareness.

2. "I realized that if I didn't drop out of school, I would be in debt for the rest of my life."

   This is a description of an isolated incident that does not involve the recognition of feelings, interpersonal enactment or a pattern of behavior.

3. "I think it is necessary for married couples to be completely honest with one another."

   Although the TP is clearly aware of his or her opinion regarding an interpersonal issue, its presentation is abstract and impersonal, and does not involve the recognition of feelings, an interpersonal enactment, or a pattern of behavior.

Scoring Procedure: For each designation rate intensity 0-9.
ITEM 20: DEMONSTRATES SELF-AWARENESS (Continued)

Examples of Designation 8 (Inside the Group)

This designation should be used when the self-awareness concerns a feeling, interpersonal
enactment or pattern of behavior that is directed toward or involves the group or anyone in
the group.

1. "I told Jack (OGM) just what I thought of him last week."

   This is awareness of an interpersonal enactment without identification of any related
circumstance.  Preliminary rating = 2

2. "I feel uncomfortable in here."

   This is the recognition of a feeling concerning the group that does not include the
   identification of the circumstances that may be responsible for its existence.
   Preliminary rating = 2

3. "I got very angry at you because you interrupted me."

   This involves the recognition of a feeling and the co-existing circumstances that caused
   it.  Preliminary rating = 5

4. "I never talk in group until I've been here and settled in for at least half an hour."

   This is a statement that demonstrates awareness of a pattern of behavior only, without
   mention of a co-existing or pre-existing circumstance.  Preliminary rating = 5

5. "I know I am paranoid about what people think about me here. If you grew up in my
   neighborhood you would be too."

   This involves the acknowledgement of a pattern of behavior as well as the pre-existing
   circumstances (prior to the lifespan of the group) that may be responsible for it.
   Preliminary rating = 8

6. "I think I am holding back in here because I am reverting to my old bad habits: I've
   always distanced myself from people once I start to get close."

   This involves the acknowledgement of an interpersonal enactment that is caused by the
   existence of a pattern of behavior that originated prior to the lifespan of the group.
   Preliminary rating = 8

Scoring Procedure: For each designation rate intensity 0-9.

-40-
ITEM 2Q: DEMONSTRATES SELF-AWARENESS (Continued)

Non-examples of Designation 8

1. OGM: "My father always used to hit us and yell at us for whatever reason he could."  
   TP: "That makes me incredibly angry at your father."

   Although the TP’s anger is evoked by the story of an OGM, it is directed toward someone outside the group. Therefore, it would receive a designation of 7.

2. "I feel it’s important for everyone to speak each week in group."

   Although the TP has used the phrase, "I feel..." he or she is referring to an idea rather than a feeling. Since there is no stated awareness of a feeling, interpersonal enactment or a pattern of behavior, this statement does not qualify for rating on self-awareness.

3. "I know I must be open in the group in order to benefit."

   This statement is awareness of an idea or principle and therefore would not be rated as self-awareness.

Scoring Procedure: For each designation rate intensity 0-9.
ITEM 21: ENHANCES OGM-AWARENESS

Definition

There are three kinds of OGM-focused communications that qualify for this item: those where the target patient highlights for the OGM the existence of (1) a feeling, (2) a pattern of behavior or (3) an interpersonal enactment in the OGM's experience.

Criteria for Intensity Rating

Step One - Preliminary rating

Ascertain the Preliminary Rating for each designation (Outside the Group = Z and Inside the Group = S) through adherence to the guidelines below. The final rating for each designation must remain within two points in either direction of the Preliminary Rating.

Preliminary Rating = 2: the identification of an OGM's feeling, or the identification of an interpersonal enactment.

Preliminary Rating = 5: the identification of an OGM's pattern of behavior, or the identification of the coexisting circumstances or experiences correlated with, or causally related to an OGM's feeling or an interpersonal enactment.

Preliminary Rating = 8: the identification of the preexisting circumstances or experiences causally related to an OGM's feeling, interpersonal enactment, or pattern of behavior.

See Note #1 on the next page for Inside the Group definitions of terms used in the preliminary ratings above.

ITEM 21: ENHANCES OGM-AWARENESS (Continued)

Step Two - Final rating

The final rating should be within two points above or below the preliminary rating. It is determined by the degree to which the TP’s statement contains the relevant dimensions of therapeutic growth. Therefore the enhancement of OGM-awareness should be evaluated by the rater asking the following questions concerning the dimensions of therapeutic growth:

(a) To what degree is the TP’s OGM-awareness elaborated (worked out in detail)? (The presence of elaboration should be considered for OGM feelings or behaviors, as well as the factors correlated with, or causing their existence.)

(b) To what degree is the OGM-awareness related to interpersonal functioning?

(c) Where is the temporal focus of the OGM-awareness positioned within the Temporal Hierarchy?

Notes

(1) Inside the Group Definitions

**Pattern of behavior** - Behavior that occurs within more than 1 session

**Co-existing circumstances or experiences** - Circumstances or experiences that originated during the lifespan of the group.

**Pre-existing circumstances or experiences** - Circumstances or experiences that originated prior to the lifespan of the group.

(2) Pattern of behavior, whether inside or outside the group, is defined as a habitual way of conducting oneself. Enhancing awareness of a long-term feeling state (e.g. "You've been depressed for a year") is not considered enhancing awareness of a pattern of behavior but of a feeling, and it would receive a preliminary rating of 2.

(3) OGM-awareness that merely identifies the person(s) toward which a feeling is directed should receive a Preliminary Rating of 2. On the other hand, OGM-awareness that identifies the characteristics of the person(s) that engender(s) the feeling would receive a Preliminary Rating of 5. (Remember that the term "person(s)" includes institutions comprised of, or created by people.)

(4) People often use the verb "to think" to describe the existence of feelings. If the rater infers that the verb "to think" is used in this manner when describing the experiences of an OGM, then a rating should be performed on this Item (21).

ITEM 21: ENHANCES OGM-AWARENESS (Continued)

Notes (Cont'd)

(5) People often use the word, feeling, to describe an idea rather than an actual feeling. The rater should ascertain whether or not what the TP refers to as a feeling actually is a feeling before rating on the basis of enhancing the OGM's awareness of a feeling.

(6) Communications designed to interpret or highlight the way an individual outside the group relates to or feels about the TP would receive a Preliminary Rating of 2.

(7) Communications in question form or advice-giving form that serve to enhance OGM-awareness should be scored on this item. They should also be scored on Item 22, Asks Questions or Item 23, Give Advice to OGMs.

(8) Enhanced OGM-awareness communications which make comparisons between the OGM's behavior within the group and behavior outside the group should receive both designations 7 and 8.

First Designation Criteria

Designation 1 (Group) This designation should be used when the OGM awareness is directed toward everyone in the group, including the therapist.

Designation 2 (THRP) This designation should be used when the OGM awareness is directed toward the therapist.

Designation 6 (DYAD+) This designation should be used when the OGM-awareness is directed to two or more group members (excluding the therapist).

Designation ID ID number(s) should be used when the OGM-awareness is directed toward a specific OGM.

Second Designation Criteria

Designation 7 (Outside the group): This designation should be used when the OGM-awareness is in reference to a feeling or behavior that is related to the OGM's life outside the group, or that occurs in an unspecified context.

Examples of Designation 7

1. "Remember, you told your roommate before she moved in that you were allergic to cigarette smoke."

This statement appears to be enhancing the OGM's awareness of an interpersonal enactment that took place outside of the group. There is no mention of co-existing or pre-existing circumstances. Preliminary rating = 2

Examples (Cont’d)

2. "It sounds like you felt very happy with your boyfriend for the first year."

This statement appears to be enhancing the OGM’s awareness of a feeling that took place outside of the group. There are no co-existing or pre-existing circumstances mentioned. Preliminary rating = 2

3. OGM: "My girlfriend has been acting strange. I’m beginning to think that maybe she is losing interest in me."
   TP: "Maybe she is mad because you have not yet made a commitment to her."

This interprets the feelings and behavior of the OGM’s significant other. It serves to enhance the OGM’s awareness of a particular interpersonal problem and, should be scored. Preliminary Rating = 2 (See Note 4).

4. "It seems like everyone in here has a problem with assertiveness."

This would receive a first designation of DYAD + (6). It is unlikely that it refers to the therapist. The context within which the lack of assertiveness takes place is unspecified, and is therefore assumed to be life in general. The TP is enhancing people’s awareness of patterns of behavior he or she believes they all have. Preliminary rating = 5

5. "The anger you feel at your boss for his demands on your sympathy may be related to the fact that when you were a child your father confided in you about his anger at your mother."

This refers to the OGM’s feeling outside of the group that is related to a pre-existing circumstance outside of the group. Preliminary rating = 8

6. "You’ve seemed more able to be empathic toward all of us lately and it also seems like you have been more understanding of your kids’ difficulties."

Both designations 7 and 8 would be rated because the TP is making a comparison of the OGM’s behavior within the group and outside of the group. For Designation 7 (awareness of a pattern of behavior with a co-existing circumstance), Preliminary rating = 5. For Designation 8 (awareness of a pattern of behavior with a co-existing circumstance), Preliminary rating = 5.

ITEM 21: ENHANCES OGM-AWARENESS (Continued)

Non-examples of Designation 7

1. "You should not stop seeing your dermatologist until you are completely healed."
   
   *This statement does not enhance awareness about an interpersonal enactment, a feeling or a pattern of behavior.*

2. "You’ve seemed much more lively in the group since your separation from your husband."
   
   *This statement does not enhance OGM awareness about life outside the group explicitly. The event that occurred outside of the group (separation from husband) was the co-existing circumstance for a pattern of behavior that took place inside the group. Therefore, this statement would be rated for OGM awareness under Designation 8, only.*

3. "When did you realize that you would need a second job?"
   
   *This statement does not enhance OGM awareness about an interpersonal enactment, a feeling or a pattern of behavior. Therefore it would not be rated on OGM awareness. However, it would be rated on Item 22, Asks Questions.*

**ITEM 21: ENHANCES OGM-AWARENESS** (Continued)

**Designation 8 (Inside the Group):** This designation should be used when the enhancement of OGM awareness is in regard to a feeling of the OGM's toward the group or people in the group, or when it involves the awareness of a pattern of behavior or interpersonal enactment that has occurred or is occurring within the group.

**Examples of Designation 8**

1. "Tonight we all tried to support each other."
   
   This statement appears to be enhancing the groups awareness of an interpersonal enactment. Preliminary rating = 2

2. "You say you're getting a lot from the group, but you hardly ever talk and you look uninterested most of the time."
   
   This communication confronts the OGM with a pattern of behavior that may enhance the OGM's understanding of how s/he appears to the group. It is correlated with a co-existing experience - the OGM's stated experience of the group. Preliminary rating = 5

3. "It seems like you go through cycles of high and low energy from one week to the next in group. I wonder if that is related to your mother's death last year."
   
   This tries to enhance the OGM's awareness of a pattern of inside the group behavior, and is correlated with a pre-existing circumstance. Although the pre-existing circumstance occurred outside the group, the 7 designation is not used because there is no reference to a feeling, interpersonal enactment or pattern of behavior that occurred outside of the group. Preliminary rating = 8

**Non-examples of Designation 8**

1. "Have you been happier lately?"
   
   This statement might enhance OGM awareness about a feeling concerning life in general. It would be rated but under Designation 7.

2. "I know that you don't believe that a woman should ever be paid as much as a man."
   
   This statement does not enhance awareness of an interpersonal enactment, a feeling, or a pattern of behavior. It is a statement about an OGM's belief or ideas, and would not be rated.

3. "It seems that since you've been in this group you have been happier in your marriage."
   
   This statement enhances awareness about a pattern of outside the group behavior. Being in the group is a circumstance co-existing with this outside the group behavior. It is not explicitly stated as a pattern of behavior within the group, and therefore this statement would be rated under Designation 7.

**Scoring Procedure:** First Designation / Second designation / Intensity 0-9.
ITEM 22: ASKS QUESTIONS

Definition

Any communication in question form that is asked of an OGM concerning an OGM’s issue.

Criteria for Intensity Rating

An intensity rating is not performed on this item.

Notes

(1) Communications that are not in question syntax but that contain inflections that indicate a question should be scored on this item.

(2) Communications that qualify for Enhances OGM-Awareness (Item 21) may also conform to the definition of a question. Such statements should be scored on both Item 21 as well as this Item (22).

Designation Instructions

To record behavior present for this item you first record an object designation of GROUP (1), THRP (2), DYAD + (6), or ID. Then record either the OUTSIDE GROUP (7) or INSIDE GROUP (8) context designations.

Examples

1. "How are you feeling, today?"

   This statement would be rated here and on Item 21, Enhances OGM Awareness, because in answering this question, the OGM could enhance his/her awareness of a feeling.

2. "Why do you think you might find it difficult to speak your mind in group?"

   This statement would be rated for this item as well as Item 21, Enhances OGM Awareness, because in answering this question, the OGM could enhance his/her awareness of circumstances correlated with a pattern of behavior in the group. Since this is a general question, and there is no particular elicitation of pre-existing circumstances correlated with this pattern of behavior, the preliminary rating for Enhances OGM Awareness would be a 5.

3. "Where did your wife go on Saturday night."

   This statement would be rated only on this Item 22, Asks Questions. The statement alone, does not enhance OGM awareness.

   Scoring Procedure: Record First and Second designations for behavior present.

   -AR-
ITEM 23: GIVES ADVICE TO OGMs

Definition

A directive or suggestion intended to encourage an OGM to think, feel, or behave in a particular way.

Criteria for Intensity Rating

An intensity rating should not be performed on this item.

Note

(1) Advice may be in question form.

(2) Communications may be in the form of advice-giving and also qualify for item 21, Enhances OGM Awareness. These statements should be scored on both items.

Designation Instructions

To record behavior present for this item you first record an object designation choosing from: GROUP (1), THRP (2), DYAD+ (6), or ID. Then record either the OUTSIDE GROUP (7) or INSIDE GROUP (8) context designations.

Examples

1. "I think everyone in this group needs to be more assertive in dealing with people."

   This statement would be rated on this item and item 21, Enhances OGM Awareness, because it essentially suggests an alternative pattern of behavior for all group members and, at the same time calls attention to a possible pattern of behavior of the OGMs.

2. "Try seeing it from his (an OGM) perspective, and you'll see why he got mad at you."

   This statement would be rated on this item and item 21, Enhances OGM Awareness, because if the OGM were to follow this advice his/her awareness of the circumstances relating to an interpersonal enactment could be enhanced.

3. OGM: "I don't know how to deal with people like that. What do you think I should do?"
   TP: "I always ignore them."

   The TP's statement is rated only on this item (22). It is only advice, and no attempt to enhance OGM awareness is apparent.

Scoring Procedure: Record First and Second designations for behavior present.
ITEMS 24 - 33

For the next ten items, use the intensity scale below and follow the definitions on each page. A dimension should be rated absent only if there is no indication of the presence of that dimension in the statement.

Intensity Rating Scale

0 = ABSENT
1 = SLIGHT
3 = MILD
5 = MODERATE
7 = PRONOUNCED
9 = EXTREME

Scoring Procedure: Record First and Second designations for behavior present.
ITEM 24: MISTRUSTS OTHERS

Definition

The degree to which the statement expresses the expectation or suspicion of exploitation or harm from others. This may appear in the form of skepticism or cynicism about the motives of others or a tendency to interpret the actions of people as deliberately demeaning or threatening. The statement may refer to either self or others being harmed.

Examples

SLIGHT

TP: “I’m going to Europe, but I have some concerns about the safety of a woman traveling alone.”

Rating = 7/2

This statement is rated at a Slight level, because the TP voices some non-specific expectation of harm, but not enough to deter her.

MODERATE

TP: “Because I have always had more money than most of my friends, I think there may be times when they secretly wish misfortune on me.”

Rating = 7/5

This statement is rated at the Moderate level because while the TP clearly is mistrustful of other people, it is possible that he/she is in touch with an economic class resentment that the friends may actually hold.

EXTREME

TP: “I realize now that you two are allies and have been conspiring to get me thrown out of the group and maybe into prison.”

Rating = 8/9

An Extreme rating can be given for a statement such as this one as long as the rater is reasonably certain there is no evidence of its truth.

Rating Procedure: For each designation rate intensity 0-9.
ITEM 25: PERFECTIONISTIC

Definition

The degree to which the statement expresses the desire for a person or an aspect of life to conform to a standard. The idealization and inflexibility associated with the use of such a standard should influence the level of the intensity rating.

Examples

SLIGHT
TP:  "I'd like my husband to do more housework."

Rating = 7/2

The TP is wishing for her husband to conform to a standard she has for his behavior ("do more housework"). The intensity rating is low because there is no idealization of that behavior, and the words "I'd like" suggests flexibility in the TP's application the standard.

MODERATE
TP:  "I doubt this group will be helpful for me if people do not interact in a more positive way when they give feedback."

Rating = 8/5

A somewhat inflexible standard of behavior for the group is implied by the TP's doubts about being helped by any other type of feedback but positive. However, a Moderate rating is justified by the possibility of flexibility suggested by the word "doubt," and the absence of idealizing "positive feedback."

EXTREME
TP:  "I don't think there will ever be peace in the world until people stop being selfish. So I think I have to be this incredibly selfless person all the time, and I continually feel like a failure."

Rating = 7/9

The highest rating is given for this statement because it clearly states a standard of selflessness, shows an idealization of that standard by associating selflessness with world peace, and reports the TP's inflexible application of that standard.

Rating Procedure: For each designation rate intensity 0-9.
ITEM 26: AGREEABLE

Definition

The degree to which the statement exhibits or describes undiscriminating compliance or placating in response to others. Intensity ratings should reflect the extent of the passivity or readiness to agree, despite the inconvenience such agreeing might cause the target patient.

Examples

SLIGHT

OGM: "Would you mind giving me a ride home after the group? I'm pretty sure it's on your way if you're going home."

TP: "Not at all."

Rating = 8/1

The lowest rating for agreeable is given for this statement because while it is compliant, there is no suggestion of an inconvenience for the TP.

MODERATE

TP: "I was really tired after work the other night, but my girlfriend asked me to cook dinner, so I did, even though I didn't want to."

Rating = 7/5

A Moderate rating is justified by the TP reporting his compliance and passivity in a situation where it is possible that he did not have a choice.

TP: "I had an issue I really needed to talk about tonight, but I know there's not much time, so why don't you go ahead and talk about what's on your mind."

Rating = 8/5

A Moderate rating is given for this statement because of the TP's readiness to endure disappointment in order either to be polite or to placate an OGM.

EXTREME

TP: "I always let my wife choose the movie to keep her in a decent mood. I've done it for so long, I'm not sure what kinds of movies I like anymore."

Rating = 7/9

An Extreme rating is given for this statement, because the TP's placating of his wife is to such an extent that he has lost a sense of his own movie preferences.

Rating Procedure: For each designation rate intensity 0-9.
ITEM 27: DISAGREEABLE

Definition

The degree to which the statement exhibits a negative, oppositional attitude. This might take the form of complaining about the expectations of others, or protesting against seemingly unreasonable demands of others.

Examples

SLIGHT
OGM: "I'm looking forward to getting to know people in this group."
TP: "I don't know. I think I'd rather not get too friendly too fast."

Rating = 8/2

The TP's statement disagrees with the OGM's position. However, since it is not strongly oppositional or negative, a Slight rating is justified.

MODERATE
TP: "I'm sick of going to work every day only to see my boss sitting there, smiling, with a pile of meaningless work for me to do."

Rating = 7/5

A Moderate rating for disagreeableness is justified by the TP's expressing a negative attitude about the expectations of her boss through the use of such negative phrases as "sick of" and "meaningless work."

EXTREME
OGM: "What I'm trying to say is that I don't understand why you're so angry."
TP: "I don't have the energy or interest to try to help you understand what it's like for me as a woman who's been through shit.

Rating = 8/8

An Extremely negative, oppositional attitude is apparent by the TP's refusing even to respond to an OGM's concern.

Rating Procedure: For each designation rate intensity 0-9.
ITEM 28: EMOTIONAL DEPENDENCY

Definition

The degree to which the statement solicits emotional support or expresses neediness. This behavior may appear in the form of the TP seeking advice, reassurance or praise from others. The degree of neediness expressed should be reflected in the intensity rating.

Examples

SLIGHT

TP: "After years and years of doing the same thing, how do you get out of it?"

*Rating = 8/2*

*An Slight rating is justified by the seemingly casual, possibly rhetorical solicitation of advice from the group.*

MODERATE

TP: "If I don't get positive feedback pretty regularly from my boss, I begin to worry that he's so dissatisfied with me that he's thinking of replacing me."

*Rating = 7/6*

*At least a Moderate amount of emotional dependency is indicated when the TP fears the worst if he/she does not receive praise or reassurance from the boss.*

EXTREME

TP: "I'm practically begging you to help me decide whether or not to leave my husband and you are all either silent or you ask me irrelevant questions. I feel like I will fall apart completely if I can't get some help with this."

*Rating = 8/9*

*An Extreme rating is given to this statement because the TP is demanding help and indicating a desperate neediness in the belief that she will "fall apart completely" without the help.*

Rating Procedure: For each designation rate intensity 0-9.
ITEM 29: FEARS NEGATIVE EVALUATION, HUMILIATION OR EMBARRASSMENT

Definition

The degree to which a statement expresses fear of unfavorable assessment from others.

Note

The rating should reflect the intensity of the TP's fear, and should not be impacted by the circumstances which the fear is based on.

Examples

SLIGHT

TP: "Sometimes I worry that I won't get a job because I've been in jail."

Rating = 8/2

A Slight rating is given because the TP states that he worries (not an intense fear), and that he only does it sometimes. Despite the fact that the TP's having been in jail is apt to be seen as very negative, it is his degree of fear that is to be rated.

MODERATE

TP: "If you really knew what I was thinking, I'm afraid your opinion of me would drop considerably and you might be angry."

Rating = 8/5

A Moderate rating is justified by the TP's stating that he/she is afraid; a more intense emotion than worry.

EXTREME

TP: "If you'd seen me in some of the places I've been you wouldn't even want to talk to me or put a nickel in my cup. Just talking about this makes me so embarrassed that I feel like running out of the room."

Rating = 8/8

An Extreme rating is given for this statement, because the TP suggests that his/her fear of others' opinions is so strong that just remaining in the room feels unbearable.

Rating Procedure: For each designation rate intensity 0-9.

-RA-
ITEM 30: SELF IMPORTANCE (Continued)

EXTREME

TP: "I obviously have worse problems than anyone else in this group, so I don't know why we're focusing on trivial things right now instead of my issues."

Rating = 8/9

An extreme rating is justified here because the TP is clearly placing his/her problems in a special place, apart from all others.
ITEM 31: HURT OR OFFENDED BY THE BEHAVIOR OF OTHERS

Definition

The intensity of emotional pain or unhappiness that is expressed in reaction to the behavior or statements of others.

Examples

SLIGHT
TP: "I didn’t like you’re teasing me about a serious subject."

Rating = 8/3

A 3 rating is suggested by the use of the term "not liking" to express being offended by the behavior of others.

MODERATE
TP: "I feel like I was trying to be generous. I was trying to make sure that I didn’t talk too much, and I’m upset that it’s not being appreciated."

Rating = 8/6

A Moderate rating is justified by the TP’s statement of being upset at not being appreciated. Notice that the term "upset" is stronger than "not liking," used above for a Slight rating, and is weaker than the word "devastated" used to describe the Extreme rated reaction below.

EXTREME
TP: "I have never really taken the initiative to break things off. Ann has several times, and each time I’ve felt devastated at the loss of her."

Rating = 7/9

The word "devastated" is clearly a strong expression of great hurt or offense.

Rating Procedure: For each designation rate intensity 0-9.
ITEM 33: VAGUE, NON-SPECIFIC MANNER OF SPEAKING

Definition

The degree to which a statement is vague, impressionistic and lacking in detail. This item can also capture intellectualizations or generalizations to the extent that they are non-specific and abstract. Relative concreteness vs. abstractness of expression should be considered when rating this dimension.

Notes

(1) Open-ended, general questions such as "How do you feel?" or "What do you think?" are rated in the 1-3 range.

Examples

SLIGHT

TP: "I don’t want to reveal my psychiatric history here because maybe there are some things I don’t want known about myself."

Rating = 8/2

A Slight rating for vagueness is given because the TP is vague only about "some things" he/she might not want known.

MODERATE

TP: "There’s a lot of things that get on my nerves and sometimes they all come together."

Rating = 7/5

This statement is more vague than the example statement under Slight, because it lacks the specificity of the term “psychiatric history”, and gives little idea about exactly what the TP is referring to.

EXTREME

TP: "I don’t remember this totally, but there have been times when Paul would ask me something or other and I would mention something that was kind of important. Then I think probably you came in and were making jokes or something and I had some feelings about that."

Rating = 8/8

There are many pronouns and indefinite words in this statement, which justify its Extreme rating.

Rating Procedure: For each designation rate intensity 0-9.