

This is taken from:

Ciarrochi, J., Brockman, R., Duguid, J., Parker, P., Sahdra, B., & Kashdan, T. (in press). Measures that make a difference: Optimizing psychological measurement to promote well-being and reduce suffering. In Zettle, R., Hayes, S., Biglan, T., and Barnes-Holmes, D. (Eds.) Handbook of Contextual Behavioral Science.

Choice point model of behavioral Regulation: Points of measurement and intervention

Value inconsistent behavior

Moving away from the outcome you want, acting *ineffectively*, behaving *unlike* the person you want to be

Value consistent behavior

Moving towards the outcome you want, acting *effectively*, behaving *like* the person you want to be

Observable behavior

- Social skills
- Behavioral activation
- Performance
- Observer reports
- Measurable behavior

Choice point

Feelings and thoughts that show up in response to the situation

Form or frequency of inner experience

Measures of affect, mental health
Biological measures of stress, mood, heart rate variability

Explicit beliefs/Elaborated verbal responses: optimism, hope, self-esteem, dysfunctional attitudes

Implicit beliefs/Brief and immediate verbal responses: Implicit attitude test, implicit relational assessment procedure

Values you want to live by and skills/strengths you can use

1. *Modifying form or frequency of inner experience*: Cognitive reappraisal, reframing, shifting focus, adaptive suppressing
2. *Responding flexibly to inner experience and situation*: Value importance, autonomy willingness, defusion, mindfulness, self-compassion
3. *Other skills/strengths*: Perspective taking, intellectual functioning, curiosity, self-control, goal setting skills

Situation

Situation selection and modification

Problem-solving ability,
Environmental engineering skill

