

**SELF-ACCEPTANCE  
PSYCHOLOGY ASSESSMENT  
and CASE FORMULATION  
MATRIX**

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<p><b>Factor 1: Fear/Threat System</b> NOTES:</p>	<p>ASSESS and ask client to assess balance between:  <input type="checkbox"/> Threat/Fear response  <input type="checkbox"/> Drive/Excitement response  <input type="checkbox"/> Soothing/Safety/Comfort response            (Compassion-Focused Therapy “Three Circle” model)</p>
<p>1. Threat Assessment or vigilance to threat NOTES:</p>	<p><input type="checkbox"/> Hyper-vigilance: overly sensitive to threat cues from relationships and environment; irrational and overblown fears and phobias of situations and objects; anxious; fearful; sleep problems; sensory issues; paranoia  <input type="checkbox"/> Hypo-vigilance: under-assesses threats, especially from dominant others in relationships; dismisses self-care and self-protection in emotional or physical situations; unaware of emotions in self and others. Co-dependence or tolerance of abusive or authoritarian (Other-Blaming) behavior in partners and family members, lack of awareness of boundary violations, passiveness and submissiveness  <input type="checkbox"/> Balanced and Flexible Threat Assessment</p>
<p>2. Reactivity to Threat/Fear NOTES:</p>	<p><input type="checkbox"/> Hyper-reactive: under-regulation of cognitions, emotions and behaviors. Behaviors include anxiety, impulsivity, jitteriness, exaggerated startle response, sensory sensitivity, difficulty concentrating, mood swings, “mania,” aggression and poor anger control, emotional volatility, insomnia, hyperactivity, fidgeting, distractibility, phobias.  <input type="checkbox"/> Hypo-reactive: over-regulation of affect, emotions and behaviors. Behaviors include expressionless affect or limited range of emotional expression; “numb,” “shut down” or “checked out” emotionally; dissociation under threat; “depressed”; under-responsive to the emotional needs of self and others; withdraws from relationships and emotional connection; slow or limited response to threats; lack of assertiveness and self-protection.  <input type="checkbox"/> Balanced and Flexible Threat Responsiveness</p>
<p><b>Factor 2: Fear of Social Exclusion</b> NOTES:</p>	<p><input type="checkbox"/> Approval-seeking: high need for reassurance, achievement oriented, over-functioning to gain approval, narcissistic self-aggrandizing, etc.  <input type="checkbox"/> Disapproval avoidance: OCD, perfectionism, social fears and avoidance, few intimate relationships, fear of failure, risk averse, procrastination, under-functioning, etc. (Elevated Drive System Response)  <input type="checkbox"/> Balanced Fears of Social Exclusion</p>

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1. Assess for hierarchy preference in relationships or “view of other” and flexible or inflexible responding  
NOTES:

\_\_\_ Dominance toward others  
\_\_\_ Submission toward others  
\_\_\_ Avoidant toward others  
\_\_\_ Balanced Hierarchy Preference (view of other is non-threatening), flexible responding with assertiveness and submission in appropriate ways, times, and levels.

**Factor 3: Shame:** Assess for how a person handles relationships when feeling shamed, rejected, or excluded  
NOTES:

1. Blame-Shifting Strategies (Assess for predominant/default behavior or mixed behaviors, frequency of responses, intensity of responses.)  
\_\_\_ Other-Blaming  
\_\_\_ Self-Blaming  
\_\_\_ Blame Avoiding  
\_\_\_ Self-Accepting/Healthy Shame Tolerance

1. What self-critical messages or beliefs are predominant?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. What fears of external disapproval are predominant? (Fear of failure at work, fear of being an ineffective parent, fear of failing algebra, etc.)  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. Frequency and severity of self-critical messages (May range from minor thoughts of self-doubt to active suicidality due to extreme self-loathing)  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Conduct Fears of Compassion Scale  
\_\_\_ Fear of compassion from other  
\_\_\_ Fear of compassion for other  
\_\_\_ Fear of compassion for self

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**Factor 4: Trauma**  
NOTES:

Assess for significant physically or emotionally threatening life experiences  
ACES SCORE \_\_\_\_\_ out of 10  
PLUS:  
\_\_\_\_ discrimination via race, gender, sexual orientation, immigrant status, class, income level  
\_\_\_\_ Other-blaming parent/caregiver (narcissistic tendencies)

**Factor 5: Attachment Style**  
NOTES:

\_\_\_\_ Complete AAI or other similar assessment  
Attachment patterns of:  
\_\_\_\_ Insecure: Avoidant  
\_\_\_\_ Insecure: Anxious  
\_\_\_\_ Insecure: Disorganized  
\_\_\_\_ Secure or Self-attached

\_\_\_\_ Assess for trauma of Other-blaming parent/caregiver (narcissistic tendencies)  
\_\_\_\_ Assess for addicted parent, indicative of parental attachment history  
\_\_\_\_ Assess for psychological history of parent, indicative of parental attachment history

NOTES: