

## Assessing Client Mindset in Therapy

**Cognitive Behavioral Therapy** teaches people to become aware of & take responsibility for their own thoughts, emotions and actions. Not every client will be able to do this.

Therapists may evaluate client motivation using the following criteria to help assess which treatment interventions will be most effective.

☑ **Emotional Intelligence** reflects ability to accurately identify own emotions.

☑ **Emotional Self-Regulation** refers to the ability to manage emotions: clam self down and cheer self up. Once emotions are managed, then therapy helps align thoughts and actions with your goals/values.

FIGURE 1:  
THE CYCLE OF CHANGE



- Ask directly: where do you see yourself in this change model?
- Which response to therapy seems most like where you are? →
- Different tools and strategies apply to different stages in the cycle of change model.
- Continually check-in to assess self-reported response to therapy.

### What is the response to therapy?

☐ **(Fight) Non-Compliant or Involuntary**

- Lacking personal insight or internal motivation for change.
- *Talking* about change, but not interested in *practicing* changes.
- Resistant to change.
- Lack of emotional self-regulation skills results in stress used to excuse and defend bad habits and unhealthy lifestyle such as work-aholism, emotional eating, partying, spending, clutter, tantrums, gossip, dysfunctional relationships.

☐ **(Flight) Complainer/blamer**

- Stuck in resentment and anger
- Complains and blames without emotional intelligence for creating solutions or problem-solving.
- Wants others to change, resists own change.

☐ **(Freeze) Victim**

- Stuck in worry, fear and, helpless
- Waiting to be helped, saved, rescued
- When solutions are suggested—fear creates big “buts” that stop progress.

☐ **Problem Solver**

- Tired of suffering and interested in change
- Motivated, interested and ready to learn
- Open to new information.
- Compliant with recommendations.
- Willing partnership with therapist.