

Experiential Balancing Assessment Summary (E-BAS)

The Experiential Balancing Assessment Summary below is a system for recording and mapping the problem areas in one’s life on a grid containing: 3 time-frames (past, present, future) X 4 experiential channels (feelings - f, cognition - c, behavior – b, self-relations - sr, and interpersonal - ip) X 4 life domains (family, social, work, and “other”).

Feelings can mean prominent or long-lasting negative emotions, stuck feelings or an absence of feelings.

Cognition refers to negative thoughts or beliefs, repetitive thoughts, or loss of perspective.

Behavior refers to bad habits that may be ineffective or self-destructive and that are hard to change.

Self-relations are the ways that you relate with yourself, for example if you don’t show yourself enough support, you are too self-critical, or you are self-avoidant.

Interpersonal refers to your relationships with others, which may be too conflictual, lacking in intimacy and support, or where you may feel that other needs are not being met.

This grid is a tool that can help us to begin to map out the areas in your life experience where we should focus our work together. It should also give us some ideas about strategies to use to increase flexibility and to make some repairs or reconnections.

Please simply mark with an “X” any areas on the grid where you have a sense of negative experiences, especially any sense of *stuckness* or *stagnation*. For example, if you are aware of some old entrenched habits from your family life that have spread to your friendships and work, and that you expect will continue to cause you problems over time, you would place multiple “X” marks for (b) “Behavior” for “Past” “Present” and “Future” across “Family” “Social” grid areas.

	FAMILY	SOCIAL	WORK	Other:	Other:
FUTURE					
Feelings (f)					
Cognition (c)					
Behavior (b)					
Self-relations (sr)					
Interpersonal (ip)					
PRESENT					
Feelings (f)					
Cognition (c)					
Behavior (b)					
Self-relations (sr)					
Interpersonal (ip)					
PAST					
Feelings (f)					
Cognition(c)					
Behavior (b)					
Self-relations (sr)					
Interpersonal (ip)					