

Pillars Assessment Tool (PAT)

Use this tool to assess patient functioning in each pillar and to plan interventions that might promote greater psychological flexibility.

1. What are the patient’s strengths and weaknesses?

2. Is there a pillar that is a priority target for skill development at this point in time?

Open	Aware	Engaged
<ul style="list-style-type: none"> • Accepts distressing thoughts and feelings • Creates a safe observational distance from distressing thoughts and feelings • Uses experiences to inform behavior, rather than habits and rules 	<ul style="list-style-type: none"> • Intentionally focuses on present moment experience • Uses self-reflective awareness to promote sensitivity to context • Can change perspectives on stories told about self and others 	<ul style="list-style-type: none"> • Speaks about values with emotion, recalls moments of values-in-action, and accepts vulnerability that comes with caring • Plans and implements behavior change experiments that promote vitality
Strengths	Strengths	Strengths
Deficits	Deficits	Deficits
Targets	Targets	Targets