

Appendix A

Table A.1.1 Contextual Behavioral Scientist Check-In

Use this tool as a check on your fidelity to the approach recommended in this book, *Basics of Behavior Change*. Rate your skill level on a scale where 1 = low skill and 10 = high skill. With more study and practice, you will see your numbers increase!

Skill level today	Skills
	1. Complete a functional assessment.
	2. Complete assessment and intervention in 15-25 minutes.
	3. Identify patient strengths and use them in interventions and plans.
	4. Understand the difference between behaviors that are actions and behaviors that are thoughts, feelings, and sensations.
	5. Understand behaviors that support avoidance and behaviors that support approach toward who and what matters.
	6. Have a meaningful conversation with a patient about who and what matters in their life.
	7. Help a patient intentionally respond in a new way to difficult thoughts, feelings, and sensations.
	8. Assist a patient with learning how to find the present moment and return there intentionally.
	9. Provide behavior change assistance to individuals, couples and families.
	10. Take a team approach to using behavior change to support health and flourishing for all.