



Weighing Readiness

Less ready...

...More ready

Needs Awareness

Can't Identify Own Needs/
Neglects Needs

Feels Overwhelmed by Needs/
Judges or Rejects Needs

Takes Steps to Meet &
Communicate Needs

Some Regulating Routines
Established & Utilized

Meets Needs Effectively/
Nurtures Self/ Reparenting Routines

Affect Awareness

Can't Identify Emotions/
Numb/Flat

Overwhelmed by Emotions/
Flooded

Can Identify But Not Tolerate Emotions

Can Tolerate & Express Emotions

Can Observe/Use Emotions as Helpful Information

Somatic Awareness

Disconnected from Body &
Sensations

Triggered by Body Sensations

Awareness of Body Sensations

Able to Tolerate Sensations/Listen to Body

Grounded and Centered in Body

Meta-Cognitive Awareness

Lack of Mindfulness/
Distance from thoughts

Triggered by Thoughts/
Spiraling Downward

Awareness of Thinking Patterns/
Cognitive Errors

Able to Challenge Unhelpful/
Harmful Thinking Patterns

Can Access Different Perspectives/
Reflective

Self Concept

Disconnected From Self, Lack of Self-Concept, Reliant on Others for Self-Concept

Self Loathing
Self Attacking

Awareness of Self Attacking;
Pre-Contemplative State

Taking Steps to Interrupting Self Destructive Thoughts, Feelings & Behaviors

Self Loving
Self Compassion



Weighing Readiness

Parts/States Awareness

Ignorance of Parts	Understanding Parts Psychoeducation	Use of Parts Language	Internal Awareness of Parts	Can Regulate Parts When Activated
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Safety

Actively Engaging in High Risk Behaviors	Motivated To Decrease High Risk Bx, Still Struggling	Able to Avoid High Risk Bx 50% or More	Chooses to Avoid High Risk Bx In Triggering Situations	Uses Healthy Coping Skills & Supports To Manage Urges
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Substance Use

Actively Engaging in Substance Use	Motivated To Decrease Use, Still Struggling	Able to Avoid Substance Use 50% or More	Chooses to Avoid Substance Use In Triggering Situations	Uses Healthy Coping Skills & Supports To Manage Urges
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Supports

Has No Personal or Professional Supports	Has Professional Supports Only	Has Professional Supports Building Social Supports	Has Professional Supports & Social Supports	Has Professional & Social Supports, & Actively Utilizes Them
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Interpersonal Effectiveness

Overly Boundaried, No Trust in Others; No Boundaries	Awareness of Boundaries & Lacking Skills to Assert/Honor Boundaries	Learning Interpersonal skills; Aware of Perspectives of Others	Applying Interpersonal skills; Increased Ability to Consider Perspectives of Self & Others	Collaboration; Healthy Balancing Wants/Needs of Self & Other
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