Impactful Internal Experience Analysis Detailed Questionnaire (IEADQ)

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Abstract

This paper introduces the Impactful Internal Experience Analysis Detailed Questionnaire (IEADQ), an instrument developed to investigate how significant events are processed through the perspectives of NLP, therapy, hypnotherapy, and coaching. It explores internal experiences in their multiple dimensions and assesses their impact on individual behaviours and perceptions. The study highlights the practices of the questionnaire's application, ethical considerations in its use, and recognises the limitations of the instrument, such as the need for future validation in intercultural contexts. Furthermore, it suggests extending research to evaluate the IEADQ's efficacy in diverse populations. The work contributes to evidence-based practices in NLP and related fields, indicating directions for future investigations that seek to deepen the understanding of internal processes and promote well-being.

Introduction and Rationale

The analysis of impactful internal experiences is crucial for understanding and fostering human development, as evidenced by empirical studies across various strands of psychology (Bandler & Grinder, 1979; Nunnally & Bernstein, 1994). The proposed Impactful Internal Experience Analysis Detailed Questionnaire (IEADQ) in this article is a tool designed to explore such experiences comprehensively, aligning with practices of Neuro-Linguistic Programming (NLP), therapy, hypnotherapy, and coaching. The rationale for developing this instrument is based on the need for systematic methods to capture qualitative and quantitative data that can support professional intervention. Significant events, whether positive or traumatic, have a substantial influence on individuals' cognitive, emotional, and behavioural processes. NLP underscores the transformation of subjective experiences into resources for change and growth (Moustakas, 1994). The IEADQ is intended to support professionals in a detailed analysis of these experiences, contributing to the refinement of their interventions and the strengthening of NLP as a psychological discipline.

Description of the Impactful Internal Experience Analysis Detailed Questionnaire (IEADQ)

The Impactful Internal Experience Analysis Detailed Questionnaire (IEADQ) is a tool developed to assess the complexities of internal experiences individuals face after significant events. This instrument encompasses various psychological and behavioural dimensions, structured in distinct sections, each aimed at exploring specific aspects of the respondent's internal experience.

1. Representational Systems and Submodalities: This section investigates how the experience was sensorially processed by the individual, utilising the VACOG framework (Visual, Auditory, Kinesthetic, Olfactory, Gustatory) to determine the predominant sensory channels. Submodalities, such as visual location, auditory volume, and kinesthetic intensity, are examined to understand how these characteristics influence the perception of the experience.

2. Meta-Programs: Focusing on patterns of thought, this part of the questionnaire assesses the individual's orientation towards problem vs solution, past vs future, and other meta-programs that determine how they process their experiences.

3. Impact of the Experience: Issues related to behavioural changes, learnings, and personal development resulting from the experience are addressed to comprehend how the event impacted the individual's life.

4. Influences and Decisions: This section explores the decisions made during and after the experience, including the influence of memories and inspiration from role models.

5. Adapting and Facing Challenges: Items in this part assess how the individual adapted their behaviour in response to the experience and what strategies for coping were employed.

6. Learning and Growing: The emphasis here is on personal growth and the lessons learned, evaluating how the individual may apply these learnings in the future.

7. Support and Perception of Others: Examines the social support received and the impact that conversations about the experience had on the individual's perception of the event.

8. Reflecting Back and Moving Forward: Assesses the individual's reflection on the experience, including gratitude, acceptance, and intentions for the future.

Each section of the IEADQ consists of items formatted primarily in Likert scales, allowing respondents to express degrees of agreement, frequency, or intensity concerning the statements presented. This quantitative approach is complemented by open-ended questions, offering space for qualitative exploration of the themes.

The discussion on representational systems can be grounded in Bandler & Grinder (1979), and on meta-programs in Hall & Bodenhamer (1997). These references provide a solid theoretical foundation for the respective questionnaire sections' utilisation.

Discussion

The significance of the Impactful Internal Experience Analysis Detailed Questionnaire (IEADQ) is underscored by principles of NLP and psychometrics, offering a robust theoretical framework that underpins its application. Likert scales and open-ended questions are supported by measurement theory, accurately reflecting the complexity and multidimensionality of internal phenomena. The IEADQ aligns with contemporary practices of psychological assessment, enabling professionals to gain a holistic understanding of the individual and facilitating interventions across various levels of psychic and behavioural functioning.

The IEADQ is designed for use by a broad spectrum of professionals dedicated to the study and intervention in individuals' internal processes. Psychologists and therapists, when applying the questionnaire in their clinical practice, can uncover thought patterns crucial for formulating effective therapeutic strategies. Professional coaches find in the IEADQ a resource for delineating personal and professional development goals for their coachees, while hypnotherapists may use the gathered information to enhance hypnosis induction and suggestion techniques. Furthermore, researchers examining the impacts of significant experiences on human well-being and behaviour can utilise IEADQ data to underpin their analyses and scientific contributions.

The versatility of the IEADQ allows for its application in a variety of professional contexts. In therapy, the questionnaire serves to investigate and understand in depth the psychological challenges of patients, while in coaching sessions, it can be used to monitor progress and adjust action plans. In hypnotherapy, insights provided by the IEADQ guide the creation of tailored hypnotic suggestions. Moreover, in the academic setting, the questionnaire supports research on the influence of significant experiences on human behaviour, enriching the body of knowledge in NLP and related areas.

Data collected through the IEADQ offer professionals a detailed panorama of their clients' internal experiences, enabling a more precise intervention aligned with individual needs. Thought patterns and limiting beliefs can be identified and addressed, resulting in tailored therapeutic strategies or coaching plans. The ongoing assessment provided by the questionnaire enables the monitoring of client progress, offering valuable insights for promoting self-awareness and reflection. Thus, the IEADQ not only enriches clinical and personal development practice but also emerges as a fundamental tool for the ongoing adjustment and tailoring of interventions over time.

The conversion of the IEADQ to digital formats, such as an online test on platforms like Google Docs or through an interactive GPT-based chatbot, represents an advancement in ease of access and information management. This modernisation enables the rapid application of the questionnaire, along with the immediate processing of responses, providing professionals and researchers with the agility needed for data analysis and interpretation. Such innovation opens

doors to a broader audience, democratizing the use of psychological assessment tools and contributing to the expansion of self-knowledge and personal development.

The application of the IEADQ carries with it significant ethical responsibilities, especially regarding data privacy and informed consent of participants. It is imperative that the information collected is treated with utmost confidentiality and that data security measures are rigorously implemented. Participants must be informed about the questionnaire's objectives, the use of the collected information, and their rights, ensuring that their participation is voluntary and informed. Professionals employing the IEADQ in their practice must be prepared to handle these ethical issues competently and sensitively, guaranteeing the protection and respect for the individuals involved.

The integrity of research and the efficacy of interventions using the IEADQ are bolstered by the strict adherence to ethical considerations. By adopting exemplary ethical practices, professionals and researchers applying the questionnaire not only protect participants but also enhance the scientific and practical value of the instrument. This ethical conduct, coupled with the methodological precision of the IEADQ, ensures that the questionnaire can become a gold standard in psychological assessments, contributing significantly to the understanding and facilitation of personal development and positive change.

With these elements, the Impactful Internal Experience Analysis Detailed Questionnaire (IEADQ) is well-positioned to advance practices in NLP, therapy, hypnotherapy, and coaching, providing valuable insights for professionals and researchers dedicated to human well-being.

Although the IEADQ represents a valuable tool for analysing impactful internal experiences, it is important to recognise its limitations and the circumstances under which it may not be suitable. One of the principal limitations refers to its applicability in diverse populations. The questionnaire's structure and questions were developed based on Neuro-Linguistic Programming (NLP) concepts and may not entirely capture the complexity of internal experiences in varied cultural contexts. Moreover, the questionnaire requires respondents to have a considerable level of introspection and the ability to articulate their internal experiences, which may not be viable for all individuals.

Another limitation is the dependence on self-assessment, subject to memory biases and influences of the respondent's current emotional state. Such factors can affect the accuracy of responses, raising questions about the reliability of the data collected under certain circumstances.

Suggestions for Future Research

To overcome these limitations and broaden the applicability of the IEADQ, the following directions for future research are proposed:

1. Transcultural Validation: Conduct studies to validate the IEADQ across different cultural contexts, adjusting the questionnaire as necessary to ensure its relevance and accuracy in diverse populations.

2. Development of Adapted Versions: Create adapted versions of the IEADQ for specific groups, such as children or individuals with verbal communication limitations, using alternative data collection methods like interviews or visual techniques.

3. Longitudinal Studies: Conduct longitudinal research using the IEADQ to explore how internal experiences and their interpretations change over time, particularly following therapeutic or coaching interventions.

4. Comparison with Other Assessment Tools: Compare the results of the IEADQ with those obtained through other psychological assessment tools to examine their convergence and provide a cross-validation of the questionnaire's effectiveness.

5. Analysis of Open-Ended Responses: Use detailed qualitative analyses of open-ended responses to identify emerging themes that may not be fully captured by closed questions, informing future refinements of the questionnaire.

The Impactful Internal Experience Analysis Detailed Questionnaire (IEADQ) emerges not only as an advanced instrument for the detailed investigation of human internal dynamics but also as a means of consolidating Neuro-Linguistic Programming as a valuable branch of applied psychology.

In considering the applicability of the Impactful Internal Experience Analysis Detailed Questionnaire (IEADQ) across different contexts, it is essential to recognise that cultural diversity can significantly influence how internal experiences are lived and reported. This article underscores the need for future research to investigate the validity and applicability of the IEADQ among diverse cultures, paying attention to the nuances and values intrinsic to each social group. Detailed intercultural studies are vital to ensure that the questionnaire is universally relevant and that the data collected accurately reflect the experiences of individuals within various cultural contexts. The inclusion of intercultural perspectives in the development and validation of instruments like the IEADQ is a crucial step towards advancing inclusive and effective practices in the field of psychology and related areas.

Through the systematic data collection provided by the questionnaire, NLP can demonstrate its capacity to integrate empirical and practical knowledge in understanding and facilitating human development. This methodological and practical advancement strengthens the foundation of NLP as a field of study and practice that aligns with rigorous scientific standards and contributes to its acceptance and recognition within the broader psychological realm.

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Appendix A:

Impactful Internal Experience Analysis Detailed Questionnaire (IEADQ)

With the advancement of practices in Neuro-Linguistic Programming (NLP), therapy, hypnotherapy, and coaching, the need for tools allowing a deep and

detailed analysis of individuals' internal experiences has become increasingly evident. In this context, the Impactful Internal Experience Analysis Detailed Questionnaire (IEADQ) has been developed with the aim of providing professionals and researchers with an instrument capable of capturing the complexity and richness of internal living experiences that influence behaviours, perceptions, and change processes.

The fundamental importance of the validation of research instruments to ensure their reliability and validity is recognised. Although the Impactful Internal Experience Analysis Detailed Questionnaire (IEADQ) has been meticulously developed based on solid principles of Neuro-Linguistic Programming (NLP) and other psychological theories, plans are in place to conduct a rigorous empirical validation in future studies. This will involve the application of the questionnaire to a broad population sample, statistical analysis of the responses to verify their consistency, and the correlation of the IEADQ results with established and validated measures of similar psychological constructs.

The validation process will be an essential step to ensure that the questionnaire is a reliable and valid tool for professionals and researchers, providing accurate and useful data on impactful internal experiences.

The IEADQ is intended to explore various dimensions of the internal experience, including sensory representations, emotional reactions, patterns of thought, and meta-programmes, among other crucial aspects for understanding the mechanisms underlying behavioural change and personal development. Through this questionnaire, it is expected to not only enhance the understanding of individuals' internal processes but also to provide valuable data that can be used to personalise interventions and promote more effective therapeutic outcomes.

Below is presented the IEADQ, comprising a series of carefully crafted items to address the various facets of impactful internal experiences. Each item has been designed to be answered reflectively, allowing respondents to express the depth of their living experiences and perceptions. Participants are invited to engage in this process with openness and sincerity, as the information gathered will be fundamental to enrich our understanding of change processes and personal growth.

Impactful Internal Experience Analysis Detailed Questionnaire (IEADQ)

Instructions: Think of a recent internal experience that has been particularly significant or impactful for you.

Understood, I will rephrase the instructions to be comprehensible to a layperson, including examples to facilitate understanding of the type of experience to be reflected upon and how to proceed:

Simplified Instructions for the Significant Experience Analysis Questionnaire

Imagine a recent moment in your life that left a strong mark on you, such as the feeling of pride upon completing a marathon, the anxiety before an important job interview, or the intense joy of reuniting with a long-time friend. This event is the focus of our questionnaire. We want to learn more about how you lived and felt during this significant situation.

As you respond to the questionnaire, take time to think about this event. Here are some questions to guide your reflection:

- Event Description: What happened? Try to recall and describe the details. For example, if you ran a marathon, think about the environment, the people who supported you, the sound of applause, your breath, and your heartbeat.

- Feelings and Sensations: How did you feel during this moment? Were there any physical sensations that stood out to you, like butterflies in your stomach before a big event or the exhaustion and relief as you crossed the finish line?

- Thoughts and Reactions: What thoughts went through your mind? Maybe before the job interview, you remembered your qualifications and felt confident, or you were nervous about the potential questions.

- Changes or Learnings: Did this event change anything about you or your life? After the marathon, you may have decided to prioritize your health more than before. Or, after the interview, perhaps you learned something new about presenting yourself better.

The important thing is that you use your own references and perspectives, without worrying about "right" or "wrong" answers. Your experiences are unique, and we want to understand them as they are to you.

Please answer the following questions, reflecting deeply on this experience.

1 - R.O.L.E. MODEL:

REPRESENTATIONS:

Visual – Location

"In the image you have of this experience, where does it locate in relation to you?"

- [ ] 1 - Very far from me
- [ ] 2 - Somewhat far
- [ ] 3 - Neutral, neither far nor near
- [ ] 4 - Somewhat close
- [ ] 5 - Very close to me
- [ ] 6 – I did not experience this

Visual - Distance

"How distant was the image in your representation of this experience?"

- [ ] 1 - Extremely distant
- [ ] 2 - Distant
- [ ] 3 - Neither distant nor close
- [ ] 4 - Close
- [ ] 5 - Extremely close
- [ ] 6 – I did not experience this

Visual – Focus

"In your representation of this experience, was the image focused or blurred?"

- [ ] 1 - Very blurred
- [ ] 2 - Somewhat blurred
- [ ] 3 - Neither focused nor blurred
- [ ] 4 - Somewhat focused
- [ ] 5 - Very focused
- [ ] 6 – I did not experience this

Visual - Movement

"In your representation of this experience, was the image moving or static?"

- [ ] 1 - Completely static
- [ ] 2 - Mostly static with some movement
- [ ] 3 - Both moving and static
- [ ] 4 - Mostly moving with some static elements
- [ ] 5 - Completely moving
- [ ] 6 – I did not experience this

Visual - Association/Dissociation

"In your representation of this experience, were you seeing through your own eyes, or did you see yourself in the image?"

- [ ] 1 - Completely dissociated, seeing myself in the image
- [ ] 2 - More dissociated than associated
- [ ] 3 - Equally associated and dissociated
- [ ] 4 - More associated than dissociated
- [ ] 5 - Completely associated, seeing through my own eyes
- [ ] 6 – I did not experience this

Auditory - Volume

"In your memory of this experience, was the sound you remember loud or quiet?"

- [ ] 1 - Very quiet, almost inaudible
- [ ] 2 - Quiet but audible
- [ ] 3 - Moderate volume
- [ ] 4 - Loud but tolerable
- [ ] 5 - Very loud, potentially uncomfortable
- [ ] 6 – I did not experience this

Auditory – Tone

"What was the tone of the sound you heard in your representation of this experience?"

- [ ] 1 - Very low
- [ ] 2 - Low
- [ ] 3 - Neutral
- [ ] 4 - High
- [ ] 5 - Very high
- [ ] 6 – I did not experience this

Auditory – Rhythm

"What was the rhythm of the sound in your representation of this experience?"

- [ ] 1 - Very slow
- [ ] 2 - Slow
- [ ] 3 - Moderate rhythm
- [ ] 4 - Fast
- [ ] 5 - Very fast
- [ ] 6 – I did not experience this

Auditory – Duration

"How long was the sound in your representation of this experience?"

- [ ] 1 - Very short
- [ ] 2 - Short
- [ ] 3 - Medium duration
- [ ] 4 - Long
- [ ] 5 - Very long
- [ ] 6 – I did not experience this

Auditory – Direction**

"From which direction was the sound coming in your representation of this experience?"

- [ ] 1 - From very far away
- [ ] 2 - From far away
- [ ] 3 - Indistinct direction
- [ ] 4 - From close by
- [ ] 5 - From very close
- [ ] 6 – I did not experience this

Auditory - Harmony

"Was the sound harmonious or discordant in your representation of this experience?"

- [ ] 1 - Very discordant
- [ ] 2 - Somewhat discordant
- [ ] 3 - Neutral
- [ ] 4 - Somewhat harmonious
- [ ] 5 - Very harmonious
- [ ] 6 – I did not experience this

Auditory – Distance

"How distant did the sound seem in your representation of this experience?"

- [ ] 1 - Very distant
- [ ] 2 - Distant
- [ ] 3 - Neutral, neither distant nor close
- [ ] 4 - Close
- [ ] 5 - Very close
- [ ] 6 – I did not experience this

Kinesthetic – Intensity

"How intense was the sensation or emotion you felt in your representation of this experience?"

- [ ] 1 - Very weak
- [ ] 2 - Weak
- [ ] 3 - Moderate
- [ ] 4 - Strong

- [ ] 5 - Very strong
- [ ] 6 – I did not experience this

Kinesthetic - Temperature

"What was the temperature of the sensation you felt in your representation of this experience?"

- [ ] 1 - Very cold
- [ ] 2 - Cold
- [ ] 3 - Neutral
- [ ] 4 - Warm
- [ ] 5 - Very warm
- [ ] 6 – I did not experience this

Kinesthetic - Texture

"What was the texture of the sensation you felt in your representation of this experience?"

- [ ] 1 - Very rough
- [ ] 2 - Rough
- [ ] 3 - Neutral
- [ ] 4 - Smooth
- [ ] 5 - Very smooth
- [ ] 6 – I did not experience this

Kinesthetic – Weight

"What was the weight of the sensation you felt in your representation of this experience?"

- [ ] 1 - Very light
- [ ] 2 - Light
- [ ] 3 - Moderate
- [ ] 4 - Heavy
- [ ] 5 - Very heavy
- [ ] 6 – I did not experience this

Kinesthetic - Duration

"How long was the sensation that you felt in your representation of this experience?"

- [ ] 1 - Very brief
- [ ] 2 - Brief

- [ ] 3 - Moderate
- [ ] 4 - Long
- [ ] 5 - Very long
- [ ] 6 – I did not experience this

Kinesthetic – Location

"Where in your body did you feel the sensation in your representation of this experience?"

- [ ] 1 - Only in one specific part of the body
- [ ] 2 - In some parts of the body
- [ ] 3 - Distributed evenly throughout the body
- [ ] 4 - Concentrated in the centre of the body
- [ ] 5 - Throughout the entire body
- [ ] 6 – I did not experience this

Olfactory - Intensity

"What was the intensity of the odour you sensed in your representation of this experience?"

- [ ] 1 - Very weak
- [ ] 2 - Weak
- [ ] 3 - Moderate
- [ ] 4 - Strong
- [ ] 5 - Very strong
- [ ] 6 – I did not experience this

Olfactory - Quality

"What was the quality of the odour in your representation of this experience?"

- [ ] 1 - Very unpleasant
- [ ] 2 - Unpleasant
- [ ] 3 - Neutral
- [ ] 4 - Pleasant
- [ ] 5 - Very pleasant
- [ ] 6 – I did not experience this

Gustatory - Flavour

"What was the flavour you perceived in your representation of this experience?"

- [ ] 1 - Very bitter
- [ ] 2 - Bitter
- [ ] 3 - Neutral
- [ ] 4 - Sweet
- [ ] 5 - Very sweet
- [ ] 6 – I did not experience this

Gustatory - Intensity

"How intense was the flavour you tasted in your representation of this experience?"

- [ ] 1 - Very weak
- [ ] 2 - Weak
- [ ] 3 - Moderate
- [ ] 4 - Strong
- [ ] 5 - Very strong
- [ ] 6 – I did not experience this

Auditory Digital – Volume

"What was the volume of your internal voice during the experience?"

- [ ] 1 - Very low, almost inaudible
- [ ] 2 - Low, but audible
- [ ] 3 - Moderate volume
- [ ] 4 - Loud, clear, and distinct
- [ ] 5 - Very loud, almost like a shout
- [ ] 6 – I did not experience this

Auditory Digital – Timbre

"What was the timbre of your internal voice during the experience?"

- [ ] 1 - Very harsh
- [ ] 2 - Harsh
- [ ] 3 - Neutral
- [ ] 4 - Soft
- [ ] 5 - Very soft, pleasant
- [ ] 6 – I did not experience this

Auditory Digital – Speed

"At what speed was your internal voice speaking during the experience?"

- [ ] 1 - Very slow, drawn out
- [ ] 2 - Slow
- [ ] 3 - Moderate speed
- [ ] 4 - Fast
- [ ] 5 - Very fast, hurried
- [ ] 6 – I did not experience this

Auditory Digital – Tone

"What was the tone of your internal voice during the experience?"

- [ ] 1 - Very negative, critical
- [ ] 2 - Negative, questioning
- [ ] 3 - Neutral
- [ ] 4 - Positive, encouraging
- [ ] 5 - Very positive, affirmative
- [ ] 6 – I did not experience this

Auditory Digital – Rhythm

"Was there a rhythm or pattern to how words were spoken by your internal voice during the experience?"

- [ ] 1 - Very irregular, no pattern
- [ ] 2 - Somewhat irregular
- [ ] 3 - Moderate rhythm
- [ ] 4 - Rhythmic, with a clear pattern
- [ ] 5 - Very rhythmic, like music
- [ ] 6 – I did not experience this

ORIENTATION:

"During this experience, where was the majority of your focus?"

Focus on internal thoughts and feelings vs. things happening around:

- [ ] 1 - Exclusively on my internal thoughts and feelings.
- [ ] 2 - More on my internal thoughts and feelings than on things around me.
- [ ] 3 - Equally on my internal thoughts and feelings and on things around me.
- [ ] 4 - More on things happening around me than on my internal thoughts and feelings.
- [ ] 5 - Exclusively on things happening around me.
- [ ] 6 – I did not experience this

Basis for actions: past experiences vs. creation of new solutions:

- [ ] 1 - Exclusively based on my past experiences.
- [ ] 2 - More based on my past experiences than on creating new solutions.
- [ ] 3 - Equally based on my past experiences and on creating new solutions.
- [ ] 4 - More on creating new solutions than on my past experiences.
- [ ] 5 - Exclusively on creating new solutions.
- [ ] 6 – I did not experience this

CONSISTENCY

Consistency Between Thought and Action

"When you reflect on this experience, how consistently did your actions reflect your internal thoughts and feelings?"

- ( ) Always consistent
- ( ) Frequently consistent
- ( ) Sometimes consistent
- ( ) Rarely consistent
- ( ) Never consistent

Cause and Effect

"Can you identify a specific thought or feeling that clearly led to an action or decision during the experience?"

- ( ) Always
- ( ) Frequently
- ( ) Sometimes
- ( ) Rarely
- ( ) Never

Influence of Representations

"How did your mental images or internal dialogues affect your emotional or physical responses?"

Use a scale of 1 to 5, where 1 is 'no influence' and 5 is 'extreme influence'.

- ( ) 1
- ( ) 2
- ( ) 3
- ( ) 4
- ( ) 5

Change Over Time

"Have your internal representations (images, sounds, sensations) of the experience changed over time?"

- ( ) Became much clearer
- ( ) Became slightly clearer
- ( ) No change
- ( ) Became slightly more confusing
- ( ) Became much more confusing

Patterns of Influence

"How often do you notice a pattern in how your internal thoughts and feelings influence your actions?"

- ( ) Always
- ( ) Frequently
- ( ) Sometimes
- ( ) Rarely

- ( ) Never

Outcome

"What was the outcome of this experience on your way of thinking, feeling, or acting?
How did this experience affect your expectations or plans for future situations?"

2 - T.O.T.E. Model:

Test (Testing): "Before acting, how did you assess the situation to understand what was happening and what could be done?"

- [ ] I did not assess the situation before acting.
- [ ] I superficially assessed without much reflection.
- [ ] I took some time to assess the situation.
- [ ] I conducted a detailed assessment to understand all aspects.
- [ ] I undertook a comprehensive analysis, considering multiple perspectives.

Operate (Operating): "In trying to influence the situation, what actions did you undertake?" Here, we can use a frequency scale for each type of action that the individual might have taken. For example:

- [ ] Never
- [ ] Rarely
- [ ] Sometimes
- [ ] Often
- [ ] Always

Test (Re-testing):"After your actions, how did you check if you were achieving the desired outcome?"

- [ ] I did not check the results of my actions.

- [ ] I observed immediate changes but did not further evaluate.
- [ ] I periodically reviewed the outcomes.
- [ ] I compared the results with my initial expectations.
- [ ] I used third-party feedback and objective evaluations to measure the impact of my actions.

Exit (Exiting): "How did you decide that it was time to stop trying to influence the situation or to adapt to it?"

- [ ] I based it on an internal feeling or intuition.
- [ ] I set a time or effort limit for the attempt.
- [ ] I evaluated the costs and benefits of continuing to try.
- [ ] I consulted others to help make the decision.
- [ ] I established clear criteria for success or failure that, once met, indicated the time to stop.

3 – Meta-Programs

Problem Orientation vs. Solution Orientation:

"When thinking about the experience, I typically focus on:"

- [ ] 1 - Identifying and analysing the problem in depth.
- [ ] 2 - Considering the problem, but also thinking about solutions.
- [ ] 3 - Balancing between understanding the problem and seeking solutions.
- [ ] 4 - Thinking more about solutions than the problem itself.
- [ ] 5 - Focusing primarily on solutions and positive outcomes.

Past, Present, or Future Orientation:

"In my reflection on the experience, my focus is more:"

- [ ] 1 - On what happened in the past.
- [ ] 2 - Between the past and the present.
- [ ] 3 - On the present.
- [ ] 4 - Between the present and the future.
- [ ] 5 - On what could happen in the future.

External vs. Internal Focus:

"I evaluate the experience based on:"

- [ ] 1 - Exclusively on my own criteria and internal feelings.
- [ ] 2 - Mainly on internal criteria, but also considering external feedback.
- [ ] 3 - A mix of internal criteria and external feedback.
- [ ] 4 - Mainly on external feedback, but also considering internal feelings.
- [ ] 5 - Exclusively on external feedback and objective criteria.

Options vs. Procedures:

"When dealing with experiences, I prefer:"

- [ ] 1 - Following known and tested procedures.
- [ ] 2 - Leaning more towards procedures, but being open to options.
- [ ] 3 - Balancing following procedures and exploring options.
- [ ] 4 - Leaning more towards exploring options, but respecting procedures.
- [ ] 5 - Exploring new options and creative possibilities.

Towards vs. Away From:

"I am primarily motivated by:"

- [ ] 1 - Avoiding negative consequences or outcomes.
- [ ] 2 - A tendency to avoid but also to achieve goals.
- [ ] 3 - An equal mix of avoiding problems and achieving goals.
- [ ] 4 - A tendency to achieve goals but also to avoid problems.
- [ ] 5 - Achieving goals and positive outcomes.

Global vs. Detailed:

"When I think about the experience, I tend to:"

- [ ] 1 - Focus only on the overall picture, disregarding details.
- [ ] 2 - Focus more on the overall picture but notice some important details.
- [ ] 3 - Balance my attention between the overall picture and the details.
- [ ] 4 - Focus more on the details, while keeping the overall picture in mind.
- [ ] 5 - Focus on every minute detail, often losing sight of the overall picture.

Equality vs. Difference:

"When comparing this experience with others, I first notice:"

- [ ] 1 - The similarities with other experiences.
- [ ] 2 - More similarities than differences.
- [ ] 3 - Both similarities and differences.
- [ ] 4 - More differences than similarities.
- [ ] 5 - The unique differences of this experience.

Possibility vs. Necessity:

"My actions are motivated more by:"

- [ ] 1 - A sense of obligation or necessity.
- [ ] 2 - Mainly by necessity, but with some openness to possibilities.
- [ ] 3 - A combination of necessity and possibility.
- [ ] 4 - Mainly by possibilities, while recognising necessities.
- [ ] 5 - The pursuit of improvements and possibilities.

Autonomy vs. Affiliation vs. Power:

"My motivation is influenced more by the desire to:"

- [ ] 1 - Be independent and have control over my own life (Autonomy).
- [ ] 2 - Balance between independence, relationships, and influence.
- [ ] 3 - Create and maintain relationships (Affiliation).
- [ ] 4 - Have an impact and influence others (Power).
- [ ] 5 - Balance between influencing others and maintaining my independence.

Active vs. Reflective:

"When faced with the experience, I:"

- [ ] 1 - Act immediately without hesitation.
- [ ] 2 - Tend to act quickly, but with some reflection.
- [ ] 3 - Balance action and reflection before deciding.
- [ ] 4 - Reflect carefully before taking any action.
- [ ] 5 - Prefer in-depth analysis and reflection before deciding to act.

Towards vs. Away From:

"My motivation to deal with the experience tends to be:"

- [ ] 1 - Mainly to move away from negative results or consequences.
- [ ] 2 - More to avoid the negative, but also to achieve the positive.
- [ ] 3 - Balanced between avoiding the negative and achieving the positive.
- [ ] 4 - More to achieve

4 - SCORE Model

Symptom

"On a scale of 1 to 5, how impactful was the problem or challenge that you faced?"

- [ ] 1 - Not at all impactful
- [ ] 2 - Slightly impactful
- [ ] 3 - Moderately impactful
- [ ] 4 - Quite impactful
- [ ] 5 - Extremely impactful

Cause

"How certain are you about the cause of the situation or feeling that you faced?"

- [ ] 1 - Not at all certain
- [ ] 2 - Slightly certain
- [ ] 3 - Moderately certain
- [ ] 4 - Very certain
- [ ] 5 - Completely certain

Objective

"How important is it for you to change or achieve the goal in relation to this experience?"

- [ ] 1 - Not at all important
- [ ] 2 - Slightly important
- [ ] 3 - Moderately important
- [ ] 4 - Very important
- [ ] 5 - Extremely important

Resources

"On a scale of 1 to 5, how adequate are the resources you identified to solve the problem or challenge?"

- [ ] 1 - Not at all adequate
- [ ] 2 - Slightly adequate
- [ ] 3 - Moderately adequate
- [ ] 4 - Very adequate
- [ ] 5 - Extremely adequate

Expected Effect

"If you achieve the desired effect from this experience, how positively would this change your life or internal state?"

- [ ] 1 - No positive change
- [ ] 2 - Little positive change
- [ ] 3 - Moderate positive change
- [ ] 4 - Major positive change
- [ ] 5 - Extremely significant positive change

5 – REFLECTION ON THE EXPERIENCE

Omitted Details

"When you recall or recount the story of this experience, how often do you leave out significant details?"

- [ ] 1 - Never
- [ ] 2 - Rarely
- [ ] 3 - Sometimes
- [ ] 4 - Often
- [ ] 5 - Always

Generalisation Based on Experience

"Do you tend to generalise that similar events will always occur based on this single experience?"

- [ ] 1 - Never
- [ ] 2 - Rarely
- [ ] 3 - Sometimes

- [ ] 4 - Often
- [ ] 5 - Always

Unconscious Alteration of the Story

"How frequently do you notice that the story of your experience changes slightly each time you tell it?"

- [ ] 1 - Never
- [ ] 2 - Rarely
- [ ] 3 - Sometimes
- [ ] 4 - Often
- [ ] 5 - Always

Impact of Narrative on Perception

"To what extent does the way you narrate the experience influence your perception of it?"

- [ ] 1 - No influence
- [ ] 2 - Little influence
- [ ] 3 - Some influence
- [ ] 4 - Much influence
- [ ] 5 - Extreme influence

Emotional and Physical Reactions

"How often do you experience intense emotional and physical reactions when thinking about this experience?"

- [ ] 1 - Never
- [ ] 2 - Rarely
- [ ] 3 - Sometimes
- [ ] 4 - Often
- [ ] 5 - Always

Impact of the Experience on You

"On a scale of 1 to 5, evaluate the impact the experience had on you, where 1 means 'no impact' and 5 means 'extreme impact'."

Interacting with people and places:

- [ ] 1
- [ ] 2
- [ ] 3
- [ ] 4
- [ ] 5

Behaviour Change:

- [ ] 1
- [ ] 2
- [ ] 3
- [ ] 4
- [ ] 5

Learning and Development:

- [ ] 1
- [ ] 2
- [ ] 3
- [ ] 4
- [ ] 5

Self-concept and Values:

- [ ] 1
- [ ] 2
- [ ] 3
- [ ] 4
- [ ] 5

Outlook on Life and Purpose:

- [ ] 1
- [ ] 2
- [ ] 3
- [ ] 4
- [ ] 5

Influences and Decisions

"On a scale of 1 to 5, evaluate the following statements, where 1 means 'never' and 5 means 'always'."

Memories Influencing Feelings and Actions:

- [ ] 1
- [ ] 2

- [ ] 3
- [ ] 4
- [ ] 5

Guided by Sensations in Decision-Making:

- Saw (Visual):

 - [ ] 1
 - [ ] 2
 - [ ] 3
 - [ ] 4
 - [ ] 5

- Heard (Auditory):

 - [ ] 1
 - [ ] 2
 - [ ] 3
 - [ ] 4
 - [ ] 5

- Felt (Kinesthetic):

 - [ ] 1
 - [ ] 2
 - [ ] 3
 - [ ] 4
 - [ ] 5

- Spoke to Self (Auditory Digital):

 - [ ] 1
 - [ ] 2
 - [ ] 3
 - [ ] 4
 - [ ] 5

Inspired by Someone Admired:

- [ ] 1
- [ ] 2
- [ ] 3
- [ ] 4
- [ ] 5

6. ADAPTING AND FACING CHALLENGES

"On a scale of 1 to 5, where 1 signifies 'did not occur' or 'not applicable' and 5 signifies 'occurred to a great extent' or 'extremely applicable', how would you evaluate the following statements about the experience?"

Behaviour Change:

- I changed my behaviour because of this experience.

 - [ ] 1
 - [ ] 2
 - [ ] 3
 - [ ] 4
 - [ ] 5

Difficulty Adjusting:

- It was difficult for me to accept or adjust to the new circumstances that arose.

 - [ ] 1
 - [ ] 2
 - [ ] 3
 - [ ] 4
 - [ ] 5

Coping Strategies:

- I employed effective strategies to calm myself or feel better during or after the experience.

 - [ ] 1
 - [ ] 2
 - [ ] 3
 - [ ] 4
 - [ ] 5

Learning and Growing

"On a scale of 1 to 5, assess the degree of learning and personal development achieved through the experience."

Learning from the Experience:

- I learned something significant from this experience.

  - [ ] 1
  - [ ] 2
  - [ ] 3
  - [ ] 4
  - [ ] 5

Personal Growth:

- This experience contributed to my personal growth.

  - [ ] 1
  - [ ] 2
  - [ ] 3
  - [ ] 4
  - [ ] 5

Application of Learning:

- I can apply what I learned from this experience to improve other aspects of my life.

  - [ ] 1
  - [ ] 2
  - [ ] 3
  - [ ] 4
  - [ ] 5

Future Changes:

- I plan to make changes in my life based on what I learned.

  - [ ] 1
  - [ ] 2
  - [ ] 3
  - [ ] 4
  - [ ] 5

7. VIEWS AND SUPPORT FROM OTHERS

Discussion with Others:

"On a scale of 1 to 5, how helpful did you find the discussion with other people in understanding your experience?"

- [ ] 1 - Not helpful at all
- [ ] 2 - Slightly helpful
- [ ] 3 - Moderately helpful
- [ ] 4 - Very helpful
- [ ] 5 - Extremely helpful

Nature of Advice or Perspective Received:

"What was the nature of the advice or perspective you received when discussing this experience with others?"

(Space for open-ended response)

8 – INFLUENCE OF OWN PERSPECTIVE:

"To what extent did the advice or perspective of others change your view of the experience?"

- [ ] 1 - No change
- [ ] 2 - Minor change
- [ ] 3 - Moderate change
- [ ] 4 - Major change
- [ ] 5 - Very significant change

9 - REFLECTING AND MOVING FORWARD

Evaluation of Reaction:

"How do you evaluate your reaction to the experience?"

- [ ] 1 - Negative evaluation
- [ ] 2 - Slightly negative
- [ ] 3 - Neutral
- [ ] 4 - Slightly positive
- [ ] 5 - Very positive evaluation

Action in Future Experiences:

"How likely is it that you will change
your actions if faced with a similar
situation in the future?"

- [ ] 1 - Very unlikely
- [ ] 2 - Unlikely
- [ ] 3 - Uncertain
- [ ] 4 - Likely
- [ ] 5 - Very likely

Gratitude:

"How grateful do you feel about
something that happened during this
experience?"

- [ ] 1 - Not at all grateful
- [ ] 2 - Slightly grateful
- [ ] 3 - Moderately grateful
- [ ] 4 - Very grateful
- [ ] 5 - Extremely grateful

Finding Peace:

"What state(s) did you experience
after the experience?"

(Space for open-ended response)