

Function-Spotting with the Choice Point 2.0.

We can use the CP2 to help clients (and ourselves) spot the function of any behaviour.

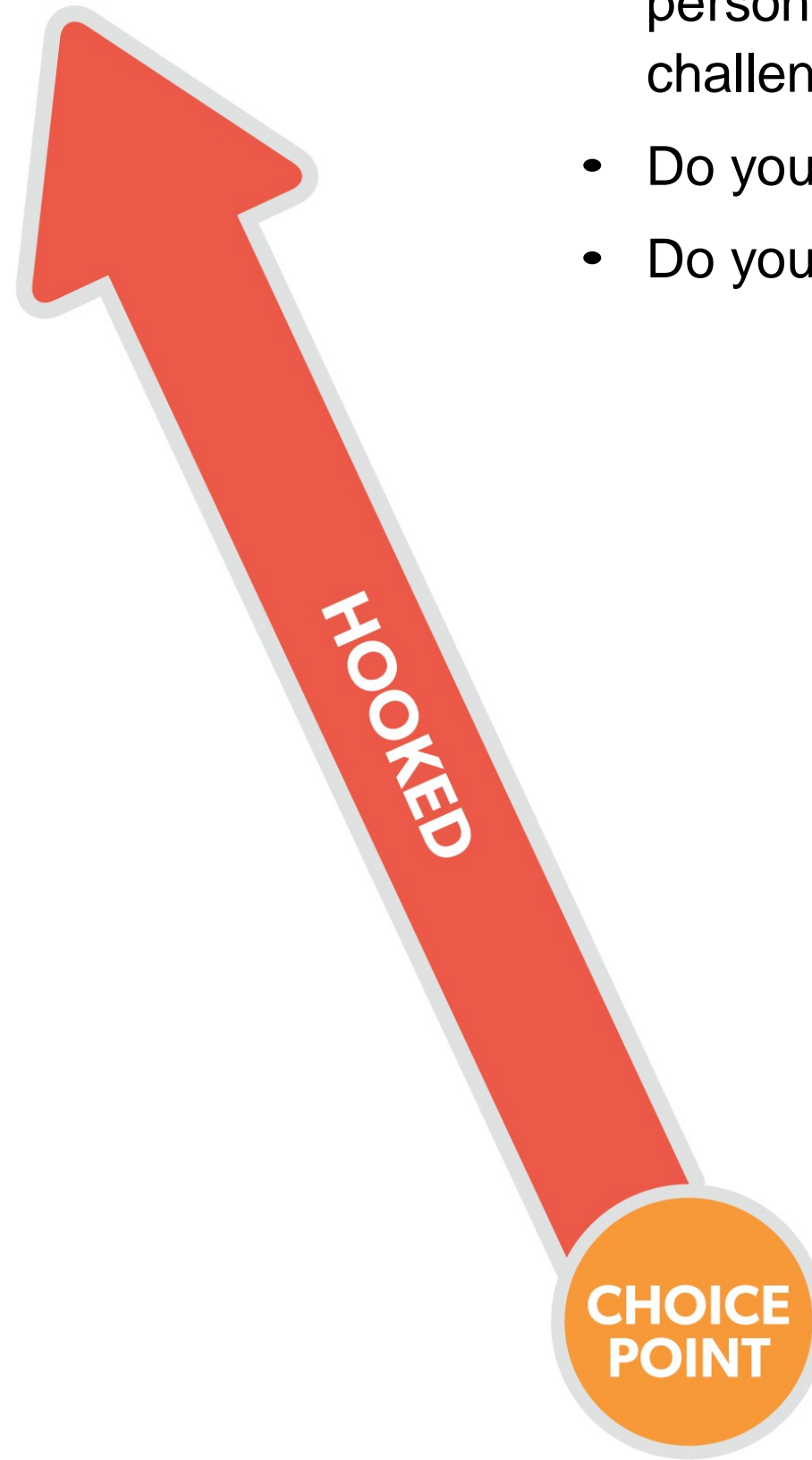
For example, we can highlight the reinforcing consequences of an away move by writing in the word 'payoffs' up top, and asking questions such as...



PAYOFFS

AWAY

- What happens when you do that (or immediately after you do that)?
- Do you feel good or better in some way: relieved, calmer, hurting less, chilled, relaxed, stronger, in the right, standing up for yourself?
- Do you get to escape or avoid something you don't want? E.g. a difficult person, place, event, situation, interaction, task, duty, responsibility, challenge; or some difficult thoughts, feelings, memories?
- Do you get something you want? Do you get your needs met in some way?
- Do you achieve something you want or escape something you don't want?



**Situations
Thoughts & Feelings**



Common Reinforcing Consequences of Away Moves.

Away Moves may have many different reinforcing consequences – but they all boil down to some combination of:

- *Get away from something you don't want (behaviour under aversive control)*
- *Get access to something you do want (behaviour under appetitive control)*

Here are some of the most common reinforcing consequences of away moves we encounter clinically:

- Escape/avoid people, places, situations, events, etc. (overt avoidance)
- Escape/avoid unwanted thoughts & feelings (experiential avoidance)
- Feel good
- Get your needs met
- Gain attention
- Look good (to others)
- Feel like you are right
- Make sense (of life, the world, yourself, others etc.)

Of course, there are many, many other possible reinforcers for any given away move.



Workability.

We can use the CP2 to highlight the workability of a behaviour by writing in the words 'payoffs' and 'costs'. (There's a printable version near the end of this doc, including those words).

First we identify and validate the payoffs. Then we compassionately and respectfully explore the long term costs.



COSTS

Workability:
validate payoffs & highlight costs

PAYOFFS

AWAY

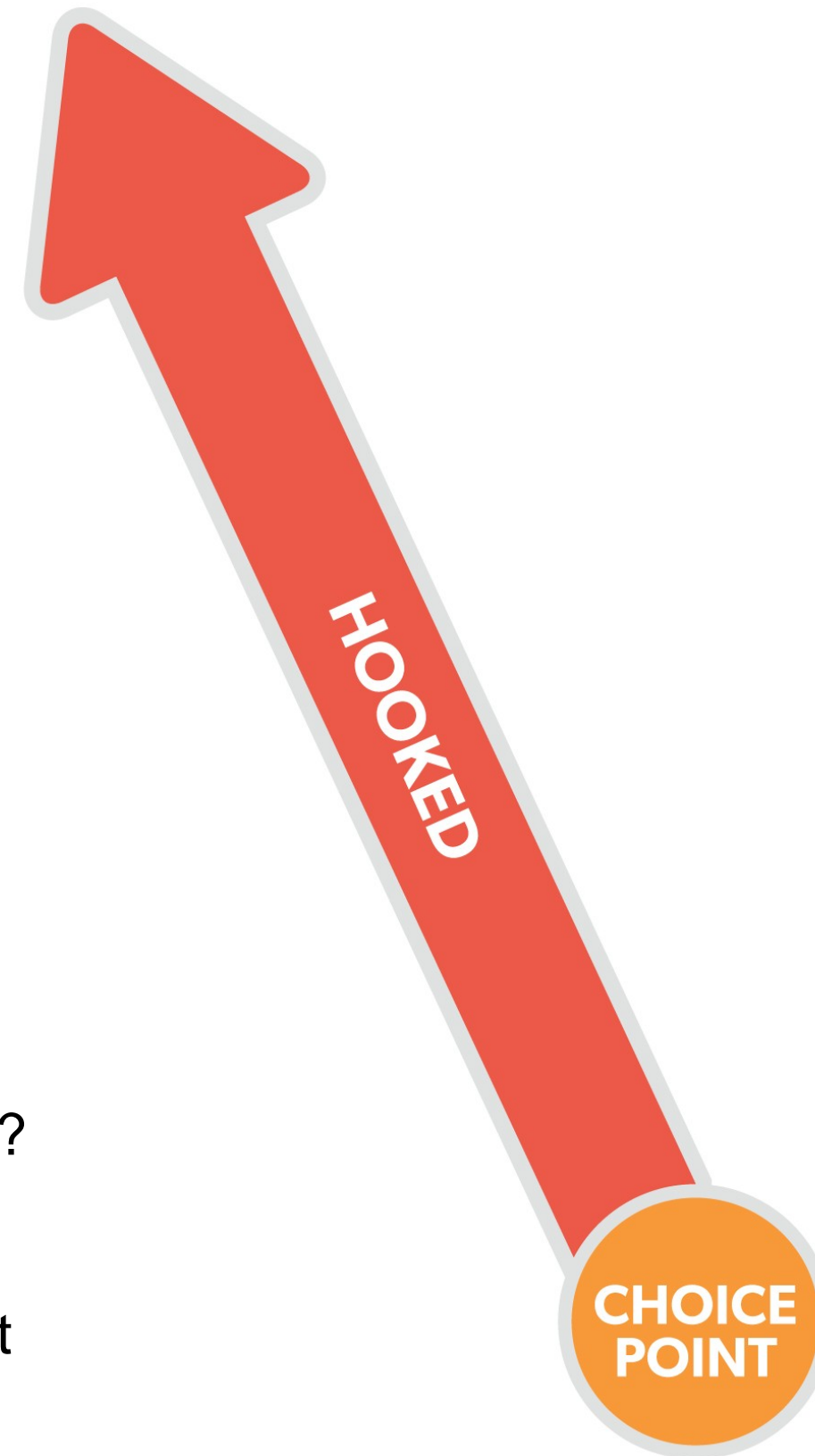
Workability:

PAYOFFS:

What are the benefits (payoffs) of these away moves? What do you gain? What do you escape or avoid?

COSTS

What are the long term costs? What do you lose, miss out on? What are the long term negative outcomes?



Situations
Thoughts & Feelings



Motivation.

We can use the CP2 to facilitate motivation.

First we identify:

- a) The immediate payoffs (the intrinsic rewards of living one's values) – e.g. Does this seem more like the person you want to be? Does this seem like moving in the direction you want to go? What are you standing for here? What does this mean to you? What would it be like to be doing this? What would doing this say about you? Would this be living life your way.
- b) The potential (but not guaranteed) long term payoffs (of achieving one's goals) – i.e. if successful at achieving the values-congruent goals specified, what are the benefits likely to be?



PAYOFFS

TOWARDS



**Situations
Thoughts & Feelings**

PAYOFFS:

What are the immediate payoffs of living your values?

What are the potential longer term payoffs of achieving your goals?

Acceptance.

We can use the choice point 2.0 to facilitate acceptance.

First we identify:

- a) The immediate payoffs (intrinsic rewards of living one's values).
- b) The potential (but not guaranteed) long term payoffs (of achieving one's goals).

Then we compassionately and respectfully explore the costs involved: the difficult thoughts and feelings likely to arise; the things you may miss out on or need to give up; the potential risks involved.

And then we can explore: Are you willing to make room for *(this difficult stuff)* in order to *(do this meaningful stuff)*?



Acceptance:
Contact costs &
highlight payoffs.

COSTS

PAYOFFS

TOWARDS



Acceptance

PAYOFFS:

What are the benefits (or potential benefits) of these towards moves?

COSTS

In order to do these towards moves, are you willing to make room for: Difficult thoughts and feelings? Potential risks? The things you may lose or miss out on?

Situations
Thoughts & Feelings

Motivational Analysis.

When a client is reluctant or ambivalent about changing a behaviour, we can use the choice point 2.0 for motivational analysis.

Through looking at both payoffs and costs, we can address the unworkability of the old behaviour, and build willingness for the new behaviour.



COSTS

Workability of old behaviour:
validate payoffs & highlight costs

Willingness for new behaviour:
acknowledge costs & highlight payoffs

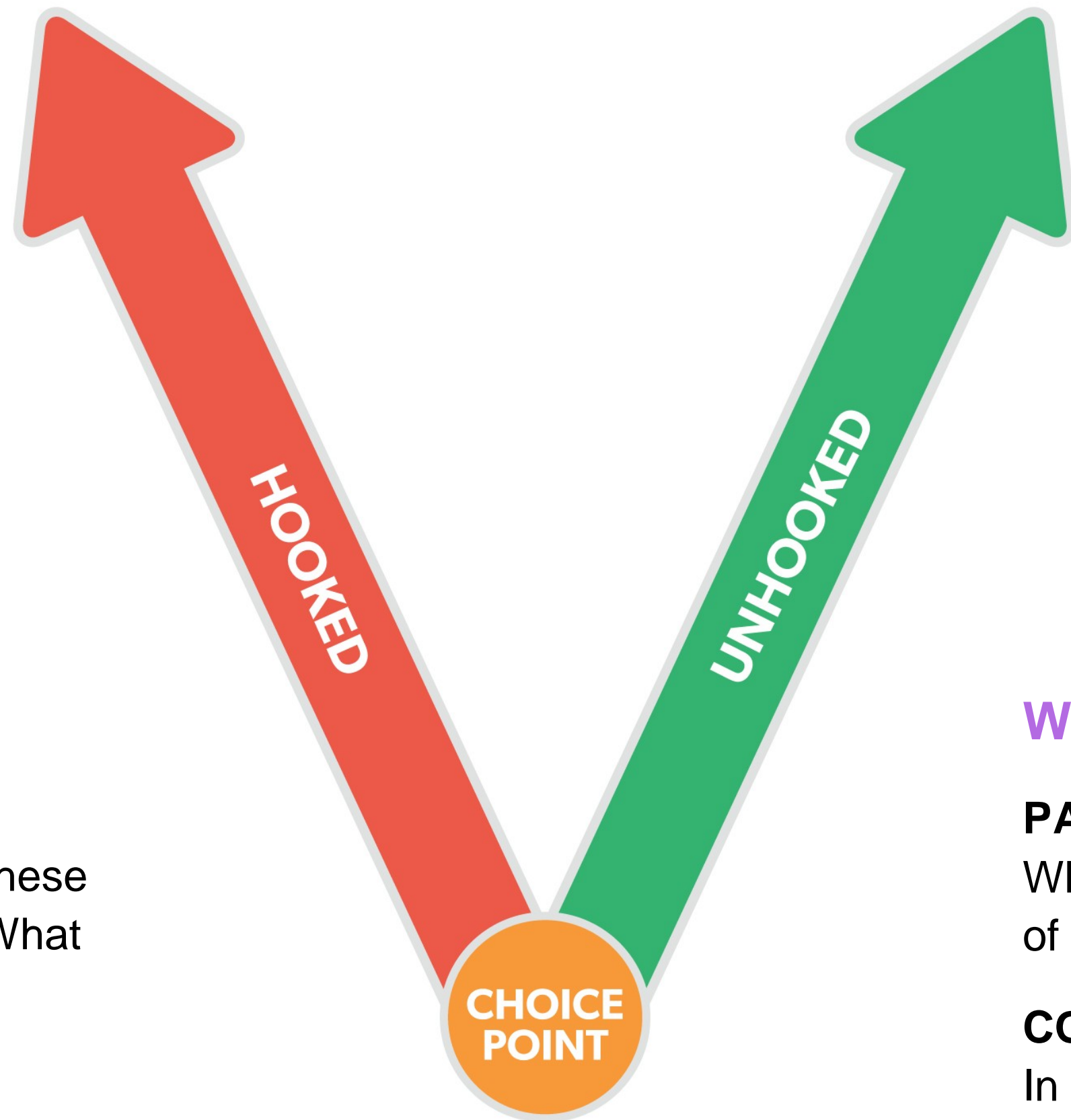
COSTS

PAYOFFS

PAYOFFS

AWAY

TOWARDS



Workability:

PAYOFFS:

What are the benefits (payoffs) of these away moves? What do you gain? What do you escape or avoid?

COSTS

What are the long term costs? What do you lose, miss out on? What are the long term negative outcomes?

Willingness:

PAYOFFS:

What are the benefits (or potential benefits) of these towards moves?

COSTS

In order to do these towards moves, are you willing to make room for: Difficult thoughts and feelings? Potential risks? The things you may lose or miss out on?



Printable versions.

I think the CP2 is best when you draw it out freehand in session. But here are 2 printable versions with costs and payoffs added in; first a full colour version, then a black and white one.



COSTS

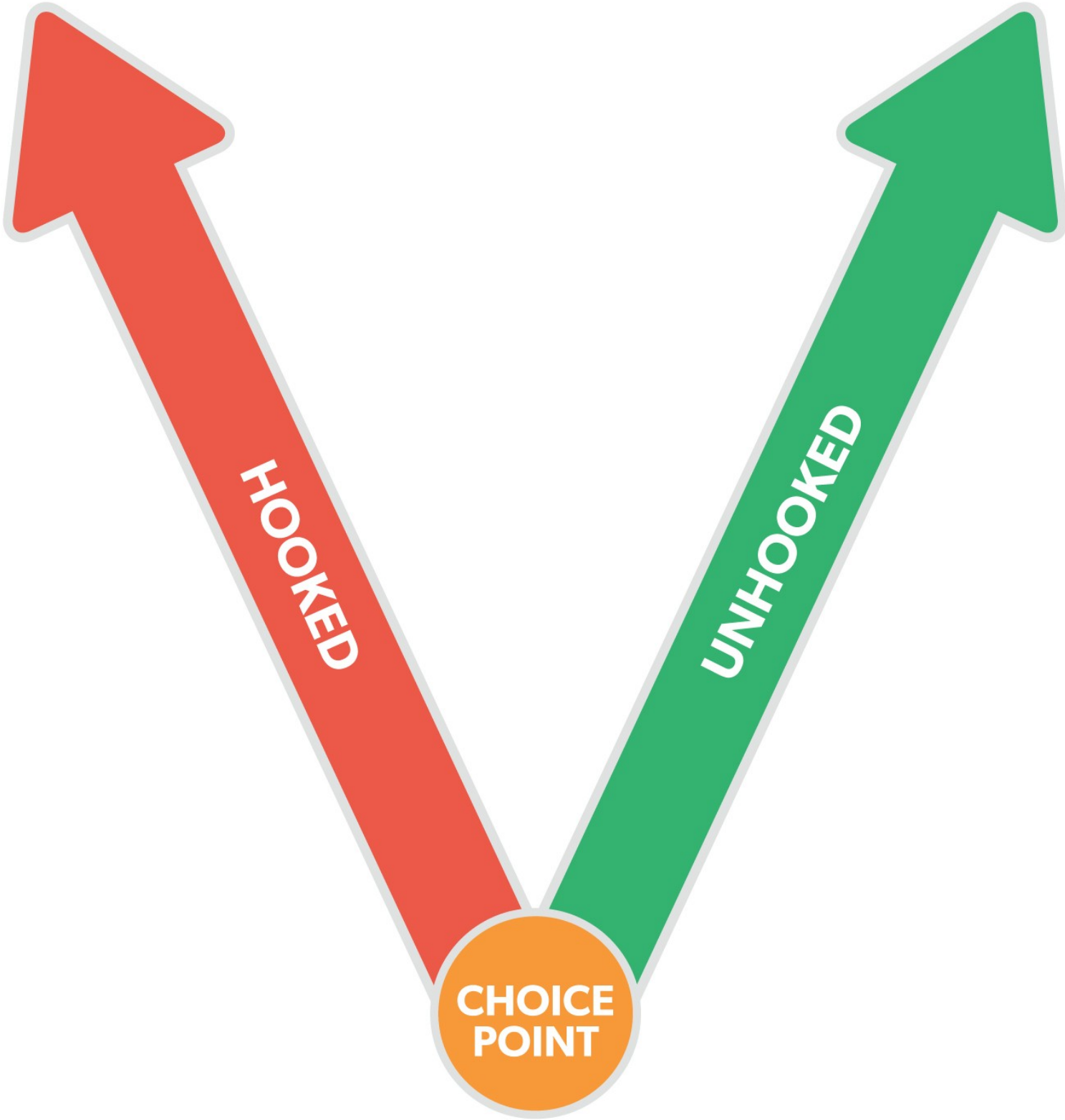
COSTS

PAYOFFS

PAYOFFS

AWAY

TOWARDS



**Situation(s)
Thoughts & Feelings**



COSTS

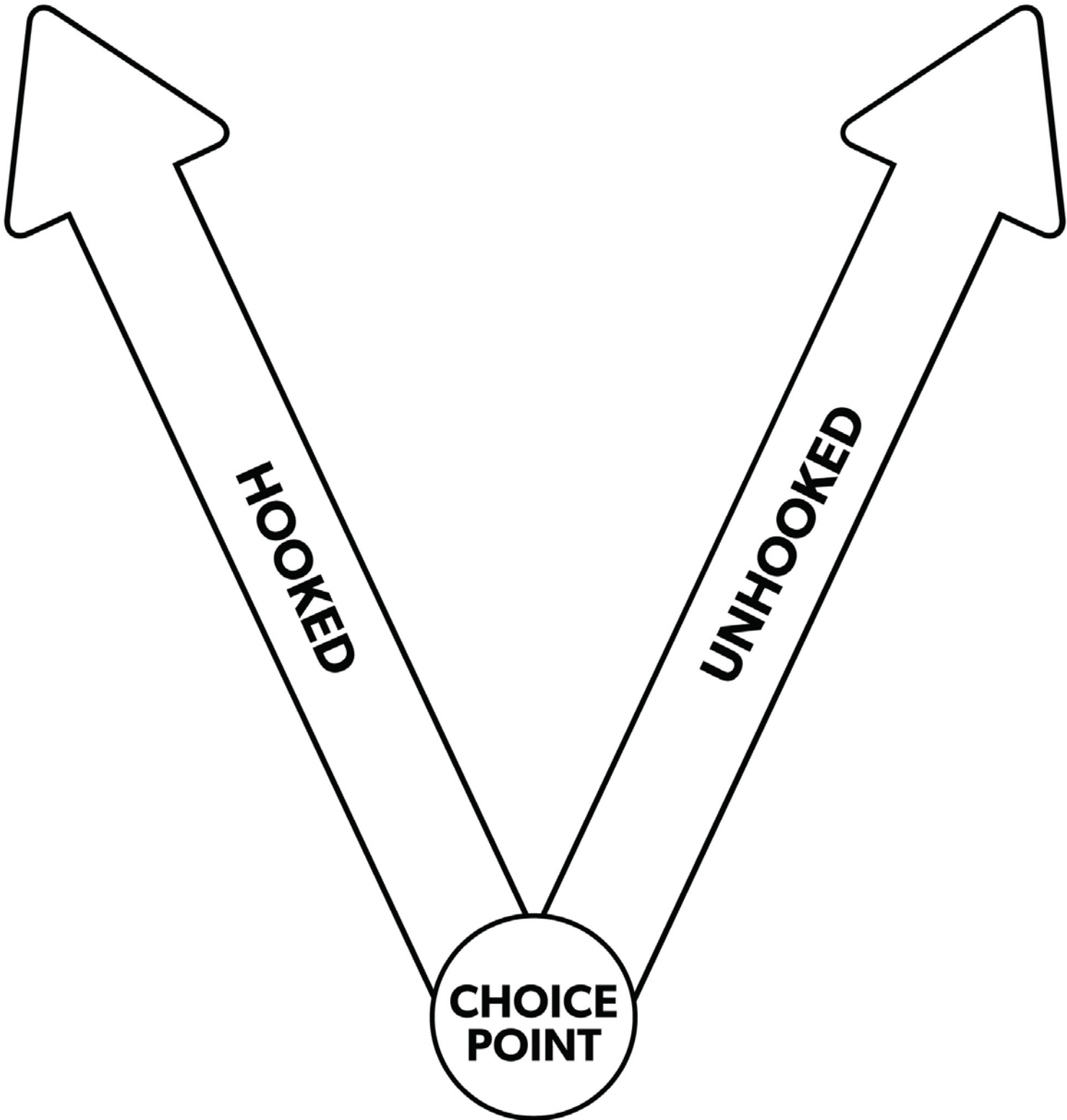
COSTS

PAYOFFS

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TOWARDS



**Situation(s)
Thoughts & Feelings**

