

SAF-NET

COMPETENCY AND CAPACITY DISCOVERY WORKSHEET

Step #1 Sequencing the deconstruction of the situation or narrative.

Deconstruct an experience with a focus on uncovering **ACTION** oriented **MOVEMENT THROUGH** adaption and mitigation.

1. Every situation is full of data. The client has been focused on the pain, misery and hurt of their experiences based on what their system tells them is relevant. This memory has built a well-worn set of neuropathways. You going to focus the client's attention on actions they have taken to move through the situation that has several point differences from the beginning of the situation to where they are now.
2. Deconstruct the situations in "great" detail focusing on process (action taken, movement through) rather than emotion.
 - a. Discrete/distinct elements of the experience.
 - b. Serialize/sequence within a context.
 - c. Increase cognitive flexibility.
 - d. Increase ability to inhibit behavior.
 - e. Increase use of Logic.
 - f. Increase use of Reasoning.
 - g. Comparison/contrast
3. Focus on actions over thinking and emoting.
4. Since the natural focus is on the situation and the related distress, be careful to keep the client focused on their actions.

Step #2 Client organizes the connects between the deconstructed items

Encourage the client to connect different parts of that they have deconstructed and create meaning out of the connected elements.

1. Do not tell or instruct the client, instead have them make the action-oriented connections between the parts of their story or situation.
2. Encourage the client make connections with multiple parts.
3. Have client look for themes or patterns that might be present.
4. Summarize the connected ideas, themes, patterns into a short statement.
 - a. Create a brief summary statement that captures all of the elements of the connected parts.
 - b. Clarify the statement.
5. Fine tune or word smith the client's statement into a present tense, action statement.
6. Once there is a clear statement of how movement was generated create action steps.

Operationalizing the statement

 - a. Suggest 4-5 co-created action steps that the client uses.
 - b. Help client clarify the actions taken in a priority of action.
 - c. Solidify the action steps

Step #3 Imaginal practice

1. Give several differences scenarios and ask them to use this action statement and action steps to move through the imaginal scenario (strategy).
2. After successfully imaginal practice of the strategy, fine tune it or go back through the operationalized steps and see if they are still workable or is there a need to tighten or strengthen the statement or action steps and then repeat the imaginal experience.

Step #4 Give the strategy a name

Now that we understand the competency, give it a name...the more personally meaningful to the client the more effect this will be.

1. Humor or well-known characters work well.
2. Creative names are also easy for people to remember.
 - a. Like-a-tude-us
 - b. Bump, bump and sway
 - c. Taz-tastic
 - d. Pepe' Le Pew
 - e. Speedy Gonzales

Step #5 Go back to the deconstruction worksheet and have them identify times they have used the "their name" strategy.

Step #6 Give imaginal scenarios and have them use "their name" strategy

After imaginal use in several different scenarios, you are ready to layer in emotion. If you knew you could use "their name" strategy any time wanted in a situation, what would be the first change you might see in how you deal with things that used to upset or distress you?

Step #7 define the next pattern that emerges from their deconstruction of a situation. You should be able to unpack 5-6 Strategies (referred to as competencies per deconstruction)

SAF-NET deconstruction process work sheet

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SAF-NET

Sensory/Somatic Experience	
Physical/Sensory Sensations	Self + Intensity
	Self + Frequency
	Self + Location
	Self + Frequency
Self + Time	
Emotional Sensations	Self + Intensity
	Self + Frequency
	Self + Location
	Self + Frequency
Self + Time	
Psychological Sensations	Self + Intensity
	Self + Frequency
	Self + Location
	Self + Frequency
Self + Time	
<p>Create questions that focus on: Discrete/distinct elements of experience. Serialize/sequence within a context. Increase cognitive flexibility. Increase ability to inhibit behavior. Increase use of Logic and Reasoning. Comparison/contrast</p>	<p>Remember you are focused on Assets: Increasing self-regulation. Discovery and reinforcement of Capacity Meeting primary social/emotional needs. Increasing respect for client’s voice and choice. Develop positive expectation. Strengthening interpersonal resources. Strengthening personal resilience to stressors.</p>

Actions and Behaviors	
Those actions toward/away	Self + Intensity
	Self + Frequency
	Self + Location
Degree of awareness	Self + Intensity
	Self + Frequency
	Self + Location
Sequenced behaviors/actions	Self + Intensity
	Self + Frequency
	Self + Location
<p>Create questions that focus on: Discrete/distinct elements of experience. Serialize/sequence within a context. Increase cognitive flexibility. Increase ability to inhibit behavior. Increase use of Logic and Reasoning. Comparison/contrast</p>	<p>Remember you are focused on Assets: Increasing self-regulation. Discovery and reinforcement of Capacity Meeting primary social/emotional needs. Increasing respect for client's voice and choice. Develop positive expectation. Strengthening interpersonal resources. Strengthening personal resilience to stressors.</p>

Perceptions	
Seeing, hearing, touching, tasting, smelling	Self + Intensity
	Self + Frequency
	Self + Location
	Self + Frequency
Inner world	Self + Intensity
	Self + Frequency
	Self + Location
	Self + Frequency
Outer world	Self + Intensity
	Self + Frequency
	Self + Location
	Self + Frequency
<p>Create questions that focus on: Discrete/distinct elements of experience. Serialize/sequence within a context. Increase cognitive flexibility. Increase ability to inhibit behavior. Increase use of Logic and Reasoning. Comparison/contrast</p>	<p>Remember you are focused on Assets: Increasing self-regulation. Discovery and reinforcement of Capacity Meeting primary social/emotional needs. Increasing respect for client’s voice and choice. Develop positive expectation. Strengthening interpersonal resources. Strengthening personal resilience to stressors.</p>

Attribution and meaning making

Beliefs	Self + Intensity
	Self + Frequency
	Self + Location
	Self + Frequency
Assumptions, Bias, and Stereotypes	Self + Intensity
	Self + Frequency
	Self + Location
	Self + Frequency
Relevancy	Self + Intensity
	Self + Frequency
	Self + Location
	Self + Frequency
Self + Time	

Create questions that focus on:
 Discrete/distinct elements of experience.
 Serialize/sequence within a context.
 Increase cognitive flexibility.
 Increase ability to inhibit behavior.
 Increase use of Logic and Reasoning.
 Comparison/contrast

Remember you are focused on Assets:
 Increasing self-regulation.
 Discovery and reinforcement of Capacity
 Meeting primary social/emotional needs.
 Increasing respect for client’s voice and choice.
 Develop positive expectation.
 Strengthening interpersonal resources.
 Strengthening personal resilience to stressors.