

CASE CONCEPTUALIZATION

- **Notes Skills:**

- Spontaneous tacting of private events in appetitive contexts.
- Ability to identify a thought as a product of “my brain” when prompted.
- Willingness to explore alternatives to a rigid rule once engaged.
- Expands engagement with novel approaches when paired with playfulness.

- **Skill Gaps:**

- Limited generalization of flexibility skills to aversive contexts.
- Tendency to default to rigid rules under pressure.
- Difficulty sustaining alternative perspectives without therapist scaffolding.

- **Prompt Level:**

- Moderate (requires therapist to identify the rule and invite alternatives)