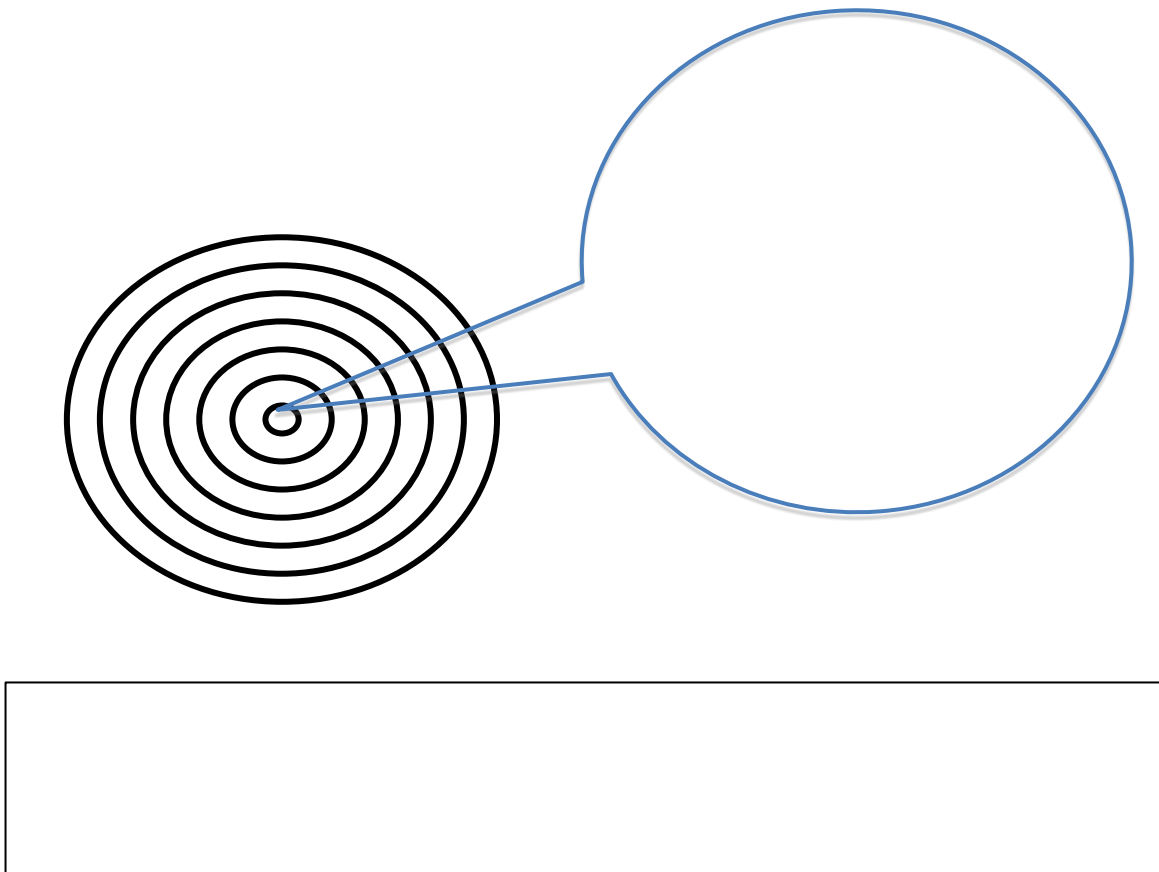


Bulls Eye Plan



Guide for Using the Bulls Eye Plan

1. Ask the patient to choose Love, Work, or Play as a focus for a short discussion about values. Ask the patient to explain what is important to him or her in each area of life.
2. Listen closely, reflect what you heard and then write a statement on the Bulls Eye Plan using the words (global, abstract) the patient used in talking about the value.
3. Explain that the Bulls Eye on the target represents the patient's hitting her / his value target on a daily basis in some small way (and explain for most of us this is difficult and having a value target helps us focus on choices, pursue goals, and have the "grit" to persevere).
4. Ask patient to chose a number to represent how close to the Bulls Eye value statement her/his behavior has come over the past 2 weeks.
5. Ask patient to plan 1-2 specific behavior experiments for the next 2 weeks that they believe will make their behavior more value consistent (closer to the Bulls Eye target).
6. At follow-up, ask patient to re-rate and identify barriers and facilitators to engaging in planned behaviors.
7. If time allows, rate the patient's current functioning level in one core area on the CPAT. This will provide a baseline against which you can judge the impact of the Bulls Eye Plan and REAL Behavior Change techniques you use with the patient.
8. If time allows, chose one technique from the REAL Behavior Change Pocket Guide to use in the visit.