

Focused Acceptance and Commitment Therapy (fACT) Contextual Interview

Life Context: Love, Work, Play and Health

Love	Where do you live? With whom? How long have you been there? Are things okay in your home? Do you have loving relationships with your family or friends?
Work	Do you work? Study? If yes, what is your work? Do you enjoy it? If not working, are you looking for work? If not working and not looking for a job, how do you support yourself?
Play	What do you do for fun? For relaxation? For connecting with people in your neighborhood or community?
Health	Do you use tobacco products, alcohol, illegal drugs? Do you exercise on a regular basis for your health? Do you eat well? Sleep well?

Problem Context: The Three T's

Time	When did this start? How often does it happen? What happens before / after the problem? Why do you think it is a problem now?
Trigger	Is there anything--a situation or a person--that seems to set it off?
Trajectory	What's this problem been like over time? Have there been times when it was less of a concern? More of a concern? And recently . . . getting worse, better?
Workability Question	What have you tried (to address the problem)? How has that worked in the short run? In the long run or in the sense of being consistent with what really matters to you?

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