

The Phenomenology of _____ (How to “do” the problem and solution)

Internal

Attention:
Sensory System:
Internal Imagery:
Perception:
Perceptual process:

Cognitive:
Internal vocabulary/incantation:
Grammar:
Primary question:
Cognitive distortions:
Metaphor/Analogy:

Behavior #1, #2, #3, etc.:
Posture/Gesture:

Affective:
Affective process:

Attitude:
Belief system:
Self-esteem:
Existential:
Spiritual:

Physiology:
Biological/Health:
Energy/Activation level:
Sensations:

Time:
Tempo:
Expectation:
Memory:
Memory process

Process #1, #2, #3, etc.:

Absence #1, #2, #3, etc.:

Social/Interpersonal

Social expression:
Social distance:
Blame: Intro-punitive/extra-punitive
Role:
Control: One-down/one-up
Social Energy: Emit/absorb
Triangulation:
Direction: Pursue/distance
Relational requirements:
Responsiveness:
Interpersonal sensitivity:
Contextual sensitivity and awareness:
Systemic functions:
Functional age level:
Birth order and upbringing:
Resistance: