ATOS – 1 Page Brief Overview
ACHIEVEMENT OF THERAPEUTIC OBJECTIVES SCALE- 20 Point Brief Rating Guides June 2009

CORE AFFECTIVE CONFLICT: 1) Anger/Assertion____ 2) Sadness/Grief____ 3) Closeness/Tenderness/Love_____
4) Positive Feelings for Self____ 4.1) Self Compassion____ 4.2) Self Interest____ 4.3) Self Respect 4.4) Self Confidence/Mastery
4.5)Self Worth ____4.6) Self Entitlement/Deserving_____ 4.7) Other _____
5) Sexual Feelings 6) Enjoyment ____ 7) Interest/Excitement ____ 8) Healthy Fear____ 9) Other _____ 10) Unclear _____

INSIGHT OR AWARENESS INTO MALADAPTIVE PATTERNS OF THOUGHTS, FEELINGS, AND/OR BEHAVIORS
81-100- Excellent recognition of problem patterns. Excellent links to past origin of behaviors. Excellent awareness/insight.
61-80- Good recognition of problem patterns. Some description of origins in past, linked to present. Good awareness/insight.
41-60- Moderately clear recognition. On own describes occurrence of maladaptive patterns. No references to past. Moderate awareness/insight.
21-40- Low recognition. Can see problem pattern **only** when pointed out by therapist. Little/no elaboration. Minimal awareness/insight.
1-20- No recognition of maladaptive behavior patterns, or unsure when pointed out. May mention anxiety without reference to pattern. No awareness/insight or resists awareness/insight.

MOTIVATION TO GIVE UP MALADAPTIVE PATTERNS OF THOUGHTS, FEELINGS, AND/OR BEHAVIORS
81-100- Excellent motivation to give up maladaptive patterns. Very strong discomfort, sorrow, openness to change. Litte/no resistance.
61-80- Strong motivation to give up maladaptive patterns. Strong discomfort, sorrow, openness to change. Low resistance.
41-60- Moderate motivation to give up maladaptive patterns. Moderate discomfort, sorrow, openness to change. Moderate resistance.
21-40- Low motivation to give up maladaptive patterns. Low discomfort, sorrow, openness to change. Much resistance.
1-20- No motivation to give up maladaptive patterns. Ego-syntonic/desirable. "This is who I am." Almost total resistance.

ACTIVATING AFFECTS (VERBAL OR NONVERBAL BODILY SIGNS OF AROUSAL OF MAIN CONFLICTED/ PHOBIC AFFECTS)
81-100- Full experience of emotion, well-integrated. Full grief, full openness/tenderness/trust, full justifiable outrage, full joy, etc.
61-80- Strong experience of emotion. Strong affect quickly cut off **or** sustained but a little held back.
41-60- Moderate experience of emotion. Some grief, some anger, some openness/tenderness/trust/care, etc. Some holding back.
21-40- Low experience of emotion. Beginning indications of grief, anger, openness/tenderness/trust/care/joy, etc. Much holding back.
1-20- Little/no physiological experience of emotion in facial expression, verbal report, tone of voice, body movement. Flat, dull, bland presentation.

INHIBITORY AFFECTS: (VERBAL OR NONVERBAL BODILY SIGNS OF ANXIETY, GUILT, SHAME, OR PAIN
81-100- Extreme inhibitory affect: e.g., extreme shakiness, hesitancy, vigilance, trembling, anxiety or shame. Extreme uneasiness.
61-80- High inhibitory affect: e.g., high levels of shakiness, hesitancy, vigilance, trembling, anxiety or shame. Great uneasiness.
41-60- Moderate inhibitory affect: e.g., moderate shakiness, hesitancy, vigilance, trembling, anxiety or shame. Moderate uneasiness.
21-40- Low inhibitory affect: e.g., low shakiness, hesitancy, vigilance, trembling, anxiety or shame. Low level of uneasiness.
1-20- Little or no inhibitory affect. Little or no shakiness, guardedness, hesitancy, vigilance, trembling, anxiety, etc. Comfortable, at ease.

NEW EMOTIONAL LEARNING: ABILITY TO EXPRESS THOUGHTS, FEELINGS, WISHES, OR NEEDS
81-100- Excellent expression of thoughts/feelings; sense of completeness, balance and excellent results. Great relief and satisfaction experienced.
61-80- Good expression of thoughts/feelings; slight holding back. Not all expressed, but good sense of relief in speaking up. Good satisfaction.
41-60- Moderate expression of thoughts or feelings; moderate holding back, but moderate effectiveness. Moderate relief. Moderate satisfaction.
21-40- Beginning attempt to express thoughts or feelings. Much holding back. A little relief in expression. A little satisfaction.
1-20- No expression of adaptive thoughts or feelings. Total holding back. No relief. No satisfaction. High end of this rating level: can begin to imagine expressing adaptive thoughts or feelings, wants and needs, but is as yet unable put it into action.

SENSE OF SELF
81-100- Highly adaptive sense of self; compassionate and accepting of strengths and vulnerabilities.
61-80- Very adaptive sense of self; much compassion and acceptance, but some self-blame or shame present.
41-60- Moderately adaptive/maladaptive aspects of self-image in approximately equal amounts.
21-40- Very maladaptive sense of self, but a little compassion, and a little ability for acceptance.
1-20- Highly maladaptive sense of self; little or no compassion, awareness, or self acceptance—or excessive grandiosity.

SENSE OF OTHERS
81-100- Highly adaptive sense of others. Very much compassion/acceptance/trust in others; little or no idealization or devaluation.
61-80- Very adaptive sense of others. Much compassion/acceptance/trust, but some devaluation or idealization.
41-60- Moderately adaptive as well as maladaptive aspects; moderate compassion/acceptance/trust, moderate devaluation/idealization.
21-40- Very maladaptive sense of others, but some compassion, empathy or ability for acceptance; much devaluation or idealization.
1-20- Highly maladaptive sense of others; Little or no compassion, empathy or acceptance. Very much devaluation, idealization or splitting.

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