

- 70-61 Recognizes but cannot clearly describe the complex association between past experience, inner conflicts, and present problems and repetitive patterns. Reasonably aware of own vulnerability and strength and reactions to stress. Tendency to blame self or others too much in disputes. Occasionally behavior and attitude may be unrecognized, but reflects and observes self in other areas.
- 60-51 Understanding of inner conflicts and associations to past and present experience and behavior is somewhat unclear, or less emotionally integrated, or "learned." Inadequate judgment of self and others, but ability to observe and reflect with time. Vulnerability and stress reactions sometimes a surprise. Some defensive, unrecognized attitudes and behaviors. Rigid views of rights and wrongs. May look for superficial solutions. Recognizes symptoms as sign of disturbance.
- 50-41 Superficial "learned" or misleading ideas of inner conflicts and past and present experience. Distortions of judgment of self versus others even when no disputes. Painful feelings accompanied by harsh self-blame or incorrectly ascribed to external factors. Little or no reflection on personal motives, unaware of important aspects of attitudes and behaviors (fundamentalism). May deny symptoms as sign of disturbance. Excessive pessimism or optimism.
- 40-31 Does not recognize associations between behavior and internal dynamic components. Severely distorted perceptions/judgment of self or others. Disavows painful personal reactions. Can describe internal experiences but in stereotyped, confusing, or misleading way. Denies signs of mental disturbance.
- 30-21 Great difficulty describing internal experiences. Does not acknowledge associations between internal experiences and own behavior. Severe distortions/delusional ideas may be present.
- 20-11 Disorganized or fragmented mental functioning. Breakdown of reality testing. Needs outside assistance.
- 10-1 Continuously disorganized, in need of constant assistance for days.

PROBLEM-SOLVING AND ADAPTIVE CAPACITY

This dimension covers the ability to flexibly handle any difficult situation and assert self without developing symptoms, avoidance, or inadequate actions. Self-observation and planning may or may not be used to enhance performance. Ability to integrate the habitual and also to explore new areas, indulge with pleasure in playful activities and recreation, and pursue meaningful goals.

- 100-91 Unusual ability for resourceful and flexible problem solving in all areas, career, current family, family of origin, friends, leisure time, life goals. Admired for warmth, integrity, wisdom, initiative, and joyfulness.
- 90-81 High adaptive functioning in all areas. May sometimes feel apprehensive or discouraged in difficult situations, but uses self-observation, reflection, affiliation, and planning to solve problems; humor, creativity.
- 80-71 May occasionally feel anxious or tend to avoid critical situations. May back off or be overcompetitive but worried in situations of rivalry. Sometimes curbs own ambitions or is driven towards overachievement. Sense of direction and pursuit of goals sometimes unclear. May stay too much with the habitual or try to explore too many new areas. Engages with pleasure in social and recreational activities.
- 70-61 Sometimes anxious or depressed in critical situations. Occasional inadequate actions in response to stress (aggression or inhibition of appropriate anger). May avoid one or two areas, e.g., fails to apply for promotions or unable to change an unsatisfactory intimate relationship. May have few hobbies or interests or somewhat inhibited pleasure in recreational activities. May confine activities to the habitual and well known, or indulge in too many new areas.
- 60-51 Develops symptoms, avoids or acts inappropriately (aggressively or submissively) in critical and difficult situations, or fails to pursue meaningful goals. Does not dare to initiate desired romantic relationships or fails to pursue realistic career goals. May show rigidity or continue maladaptive habits, or fails to free self from inhibiting or destructive situations. Restricted pleasure or aimless (compensatory) actions, marked selfishness.
- 50-41 Severe symptoms, avoidance, or antisocial behavior/acting out or other highly inappropriate actions in response not only to critical situations but also to more ordinary challenges. Inhibited pleasure, life restrictions in several areas. Lack of sense of direction and self-realization.
- 40-31 Overwhelmed by ordinary life challenges in several areas. Withdraws from most difficult situations and takes on almost no responsibilities. Severe symptoms; passive, dependent, or extremely rigid performance. Unclear communication. Severe disturbance in family life and very restricted leisure activities.
- 30-21 Very limited or no adaptive capacity. Cannot function adequately in almost any area. Overwhelmed by ordinary daily activities, severe disturbances in the ability to communicate.
- 20-11 Needs assistance to solve problems of daily living. Severe self-destructive or dangerous actions.
- 10-1 Continuous disorganized mental functioning.