**The ADDRESSING Framework\***

Your Cultural Self-Assessment:

Age/generational

Developmental or other

Disability

Religion & Spirituality

Ethnic & racial identity

Socioeconomic/class status

Sexual orientation

Indigenous heritage

National origin

Gender

From: Hays, Pamela (2022). *Addressing Cultural Complexities in Counseling and Clinical Practice: An Intersectional Approach* (4th ed.). American Psychological Association.

**Pamela A. Hays, Ph.D.**

Licensed Psychologist

174 E. Redoubt Ave. - Soldotna, AK 99669

ph: (907)262-4403 fax: (907)260-1638

[www.drpamelahays.com](http://www.drpamelahays.com)

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Today's Date:\_\_\_\_\_\_\_\_\_\_\_\_\_

Mailing address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Zip:\_\_\_\_\_\_\_\_\_

Physical address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Zip:\_\_\_\_\_\_\_\_\_

Telephone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Home) --OK to leave a message? Yes No

Telephone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Work) --OK to leave a message? Yes No

Telephone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Cell) --OK to leave a message? Yes No

Email address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date of Birth: \_\_\_\_\_\_\_ Gender\_\_\_\_\_\_\_\_\_\_\_ Age:\_\_\_\_ Education completed:\_\_\_\_\_\_

Ethnicity:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Marital/Partner Status:\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Employer:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Occupation:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Persons living with you (Name, Relationship, & Age of each):

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Emergency Contact (Name & phone #):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If client is under 18 years of age, who is the legal guardian? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Primary Physician & Major Medical Problems (illnesses, surgeries, head injury):

Allergies:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Medications:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Previous counseling? When? Where? For what? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Understanding Defensiveness\***

Think of an interaction in which you began feeling defensive.

1. What led to your defensive feelings?
2. What were your physical sensations & emotions?
3. What were you thinking?
4. What did you do? What did you say?
5. What did the other person do & say?
6. Did you escalate and break apart, OR were you able to stay connected?

\*From Hays, Pamela (2013). *Connecting across Cultures: The Helper’s Toolkit*. Sage.

**Easy Self-Care**

Circle the activities that feel nurturing to you and add any additional ones for you. These are just a few examples to get you thinking about what works as self-care for *you*.

a walk outside

burning a scented candle

a warm blanket in your favorite chair

herbal tea in your favorite cup

reading the funnies

snuggling with your partner

petting your dog or cat

painting your nails

laughing and playing with kids

watching a funny movie

reading a good book

buying your favorite magazine

a special dinner

fresh cut flowers

a favorite food

fleece clothing

listening to your favorite music

listening to an inspirational talk

going out to eat

creating, growing, or building something

talking with/calling a friend

planning a fun trip

planning something to look forward to

gardening

fishing

a support group

counseling

massage

morning devotions, prayer

cooking or baking

skipping stones on a lake

Others:

meditation

sitting outdoors

a religious meeting/group

watching/feeding birds

painting, drawing

\*From Hays, Pamela A. (2014). *Creating Well-Being: Four Steps to a Happier, Healthier Life*. Wash., D.C.: American Psychological Association.