

# *the experiencing scale*

The Experiencing Scale (EXP) describes 7 levels of emotional and cognitive involvement with one's ongoing experience. Feeling safe enough to & knowing how to work sometimes at deeper levels typically leads to better progress. This improved effectiveness is probably due to several factors that include a.) clearer understanding at head, heart & gut levels of why one thinks, feels & reacts as one does. b.) more contact with feelings allows them to be worked on, processed & integrated to produce better balance in thoughts, emotions and behaviours. c.) stronger connection with healthy, appropriate emotions can energise us to act to change outer circumstances in helpful ways.

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- 1.) the client simply talks about events, ideas or others
  - 2.) refers to self but without expressing emotions.
  - 3.) expresses emotions but only as they relate to external circumstances.
  - 4.) the client focuses directly on emotions and thoughts about self
  - 5.) engages in an exploration of his or her inner experience
  - 6.) gains awareness of previously implicit feelings & meanings
  - 7.) on-going process of in-depth self-understanding, which provides new perspectives to solve significant problems
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*The scale has been shown to predict client change, especially in client-centred therapy, but it is relevant for cognitive therapy and for group work too.*

Klein M H, Mathieu P L, Gendlin E T & Kiesler D J  
*The experiencing scale: a research and training manual (vol 1)*  
Madison: University of Wisconsin, 1969

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