

# CE-CERT Practice Elements

## Anchor Statements

### 1. Experiential Engagement

I am open and willing to experience discomfort, anxiety, sadness, and other aversive emotions—and the situations that evoke them—and to acknowledge my feelings to allow them to run their course.

I am sometimes willing to be open to discomfort, but I maintain a tendency to avoid certain feelings or situations that I cannot tolerate.

I often avoid feelings or situations that cause me stress.

### 2. Reducing Rumination

I rarely carry emotions or images of difficult situations for more than a few moments.

I find myself ruminating about something from work when I am home after something especially stressful happens.

Most evenings and weekends I am ruminating about work.

### 3. Conscious Narrative

I pay attention to the story I am telling myself (and others) about my work. I often think of the personal meaning I find in my work. I think I am good at the hard parts of my job. I use stress to motivate me. I take time to think about what my experiences have meant to me and to notice my professional growth.

I sometimes get lost in the busyness of my days and disconnect from my sense of personal meaning. Sometimes I get overwhelmed by what my job requires of me. I sometimes don't feel competent at what I am doing.

I don't think what I do matters. I often feel overwhelmed and that I'm not up to this job. It's too demanding to take time to reflect on it all.

### 4. Reducing Emotional Labor

I never feel more myself than when I am doing my job. It is almost always a pleasure to do this work.

I occasionally question if I would have been happier doing something else. I sometimes have to work hard to put on my "happy face" when I'm at work.

I don't know how much longer I can continue to do this.

### 5. Parasympathetic Recovery

I don't have to "take a deep breath" before I begin work. I have as much recovery time built into my workdays as I do stressors.

I often don't have time for lunch (even if I wanted to take a lunch break) and often don't have time to even think about how high my stress level is.

I feel like I'm holding my breath all day until I get off work and can recover.

# CE-CERT Progress Monitoring

Using the gauges below, rate where you function based on the “CE-CERT Practice Elements: Anchor Statements.”

Date: _____	Date: _____	Date: _____
Experiential Engagement 	Experiential Engagement 	Experiential Engagement 
Reducing Rumination 	Reducing Rumination 	Reducing Rumination 
Conscious Narrative 	Conscious Narrative 	Conscious Narrative 
Reducing Emotional Labor 	Reducing Emotional Labor 	Reducing Emotional Labor 
Parasympathetic Recovery 	Parasympathetic Recovery 	Parasympathetic Recovery 