

Experiencing Scale (Klein, Mathieu, Keisler, & Gendlin, 1969)

Level	Content	Characteristics
1	External events; refusal to participate	Impersonal, detached
2	External events; behavioral or intellectual self-description	Interested, personal, self-participation
3	Personal reactions to external events; limited self-descriptions; behavioral descriptions of feelings	Reactive, emotionally involved
4	Descriptions of feelings and personal experiences	Self-descriptive, associative
5	Problems of propositions about feelings and personal experiences	Exploratory, elaborative, hypothetical
6	Synthesis of readily accessible feelings & experiences to resolve personally sig issues	Feelings vividly expressed, integrative, conclusive or affirmative
7	Full, easy presentation of experiencing; all elements confidently integrated	Expansive, illuminating, confident, buoyant