

The Assessment of Essential Motivation, Tension, and Resistance

Version 2

	<u>Person Scores</u>				<u>System of Support Scores</u>				HTRR
	Importance (P)	X	Barriers (P)	= MTRF (P)	Importance (S)	X	Barriers (S)	= MTRF (S)	
1 Help Others									
2 Rejection Avoidance/Acceptance									
3 Vengeance									
4 Order									
5 Independence/Self-Determination									
6 Curiosity									
7 Attention									
8 Morality									
9 Social Contact									
10 Physical Activity									
11 Sexual Gratification									
12 Food									
13 Physical Pain Avoidance/Comfort									
14 Frustration Avoidance/Self-Regulation									
15 Anxiety Avoidance/Calmness									
Total All Scores									

MTRF = Motivation, Tension, Resistance Factor

HTRR = MTRF (P) / MTRF (S)

HTRR = Harmony, Tension, Resistance Ratio

Scoring scale for "Importance"

1	3	5	7	9	10
Total Disinterest/ Not at all Important	Relatively Unimportant	Ambivalent/ Uncertain	Strong Value/ Desire	Essential Desire/Value	Strongest Possible Desire/Value

Scoring for "Barriers"

1	3	5	7	9	10
Virtually No Barrier	Minor Blockage	Moderate Blockage	Major Blockage	Very Severe Blockage	Complete Blockage

Resistance = System of Supports wants/wants to avoid but the Person holds the opposing view. 1/100 = highest Resistance score

Tension = The Person wants/wants to avoid but the System of Support holds the opposing view. 100/1 = highest Tension score

Harmony = The Person and System agree on the importance and efforts to attain/avoid the item. 1 = perfect harmony

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