

# Who Am I?

## Potential Barriers to Assist with Scoring the Assessment of Essential Motivation, Tension, and Resistance

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Following are potential barriers to the essential motivations. If others are identified that relate to the specific category (or in general), they may be included in the scoring. The relative weight of each barrier is up to the rater but the scale on the assessment serves as an indication of how complete the barrier/blockage is.

It is important to remember that something that prevents the avoidance of a motivator is also considered a barrier. As an example, if the individual being assessed wants to avoid physical pain (seek comfort) but they have a chronic pain disorder this would be scored as a high barrier. Likewise, if avoiding rejection is a high motivator but their neighbor is overt in their dislike of the individual, that would be a major barrier – but the score is still up to the individual.

Agency policy	Lack of individualized services/planning
Behavior problems	Lack of money
Criminal history	Lack of opportunity
Culture	Lack of staff experience/skill/training
Current vocational or residential service	Lack of support (formal or informal/paid or unpaid)
Disability specific issues	Lack of understanding /Confusion
Distance/geography/transportation	Laws or ordinances
Fear	Low self-confidence/Poor self-image
Funding restrictions	Peer pressure
Guardian or family objections	Poor reputation
Health problems	Poor skill sets (social skills, etc.)
Inability to trust others	Prejudice
Insufficient staff	Continued on next page
Lack of friends	

Psychiatric issues

Religious values

Service or other regulation/rule

Stress levels

Please direct questions about these Questions to:

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This document is designed to assist with scoring of the Assessment of Essential Motivation, Tension and Resistance by Michael Mayer and Susan Havercamp, (2001) TheraEd, Durham, NC. It has been adapted to assist people who have intellectual and other developmental or related disabilities from content found in *Who Am I? The 16 Basic Desires That Motivate Our Actions and Define our Personalities* by Steven Reiss, Ph.D. (2000) Tarcher/Putnam, New York.