BAP Flow Chart (2024-R)*

The Five Foundational Skills

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1. ELICIT PERSONAL GOALS

Ask

"Is there anything you would like to do for your health in the next week or two?"

Making the Plan



2. ELICIT & CLARIFY A SMART BEHAVIORAL PLAN

Ask

"Would you like to make a specific plan about that?" (eg What?, When?, How Long?, How Often?...)



3. ELICIT A COMMITMENT STATEMENT

Ask

"Could you tell me back the details of your plan, to make sure we're on the same page?"

Reinforcing the Plan



4. SCALE FOR CONFIDENCE

Ask

"About how confident do you feel about carrying out your plan (on a scale from 0 to 10)?"



5. ARRANGE ACCOUNTABILITY

Ask

"Would it be helpful to set up a check on how things are going with your plan?"

^{*} Revised from Cole, Gutnick, Davis, & Reims: "Brief Action Planning Flow Chart," 2016 www.BAPProfessionalNetwork.org