



Life Balance, Emotional Stability, Well-Being and Spiritual Awakening

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Abstract

This article introduces the Friedman Life Balance Scale (FLBS), the Friedman Mini- 5 Factor Scale or FM5FS (that includes an emotional stability subscale) and the Friedman Awakening Scale (FAS). It discusses the rationale for developing these scales, their origins and some correlations with other well-known scales. The article then demonstrates how to use the FLBS and the Friedman Mini- 5 Factor Scale to track change over time during psychotherapy, session by session. It also demonstrates the trajectories of change session by session in 3 clients.

Key words: Friedman Life Balance Scale (FLBS); Friedman Mini 5 Factor Scale (FM5FS), Friedman Awakening Scales (FAS), Well-Being, Emotional Stability, Tracking Change, Trajectories, Forgiveness, Integrative, Brain Functioning, Qualitative, Quantitative, Psychotherapy, Client Summaries

Introduction

In 2016 I had an inspiration to read over the summary experiences clients had written about therapy with me. Here is one of those stories. (All vignettes in this article have been modified slightly for confidentiality purposes)

From a 49 year old married male lawyer with 2 children
“What did I find most helpful during therapy?”

“First, and possibly most helpful, was the non-judgmental approach taken by Dr. Friedman during our sessions. This made me feel it was OK to tell him anything without fear of embarrassment or being chastised for all the horrible things I had done. His ‘listener’ style made me want to listen to his perspective with an open mind. The direction of living in the present and future and not the past helped me focus on the positive versus dwelling on the negative and the past. A number of the ‘tapping’ exercises allowed me to focus on the peace and joy I sought and that I was a worthwhile human being. Although I will in my mind always be ‘guilty’ of my gambling problems, the guilt I now feel is much diminished and I do not focus on it versus the peace and joy of being on the ‘right’ road in my life.

The sessions where we used some of the tapping exercises brought me to a calm and peaceful place and let me understand and feel good about myself and what I really wanted in life. What I

want is to be loved by my wife and my family and to show them how much I love and care for them by what I say and what I do.

Some of the chapters in the book *the Forgiveness Solution* helped me see how others who had significant problems could turn their lives to peace. One last thing I felt from the exercises and especially the book was that forgiveness is a key to bringing peace to my life. I have forgiven myself for my actions and I hope and pray that over time my wife will be able to forgive me totally and trust me again.”

The above story, as you will see, was one of the triggers for this article. In a certain sense, the article represents a professional journey from qualitative data shared by clients to quantitative data used to measure certain important dimensions and to track change over time. It is essential to understand that both approaches (qualitative and quantitative) complement each other and have important contributions to make in clinical research. Combining the two approaches strengthens the development of meaningful clinical assessments and potentially useful interventions.

Friedman Life Balance Scale

The Friedman Life Balance Scale developed in the following manner. I was curious about the typed summary statements that clients, over a number of years, had made at the end of psychotherapy in response to the question: What did you find most helpful and beneficial during your therapy experience? These typed statements had been stored individually in client files on my computer. I printed out all the statements and underlined the key phrases. Some of these phrases were, of course, similar and others were different from client to client.

After reading them over, I constructed a questionnaire and gave it to my more recent clients. There are 30 questions, with 3 subscales of 10 questions each. It has been modified a little from current client feedback and a few suggestions from colleagues, Loren Toussaint, John Freedom and Ev Worthington. However, it is almost entirely based on client provided information. The other 2 questionnaires, which will be described later, have different origins.

The Friedman Life Balance Scale (FBLs): The 30 Questions¹

On a scale from 0 to 5 how much does each item describe you at the present time?

0 = not at all; 1 = rarely; 2 = a little bit; 3 = somewhat; 4 = a lot; 5 = a great deal

- _____ 1. Stay in and focus on the present (not the past or future) e.g. by enjoying experiences sensations and people, enjoying doing things and enjoying my life now.
- _____ 2. Take control of my life.
- _____ 3. Change my upsetting feelings.
- _____ 4. Choose to feel positive & calm.
- _____ 5. Sort things out and see things in a larger perspective.
- _____ 6. Clarify my options and problem solve.
- _____ 7. Reflect on what I can do differently in situations and choose to do it
- _____ 8. Make good decisions.
- _____ 9. Identify steps to take, to plan and then take actions.
- _____ 10; Deal effectively with people upsetting me by staying calm and seeing things from their perspective.
- _____ 11. Clarify what I want.
- _____ 12. Cherish the good in myself, others and life.
- _____ 13. Forgive myself: let go of judgments & “shoulds” & accept/love myself.
- _____ 14. Forgive others by letting go of “shoulds”, blame & judgments of them.
- _____ 15. Feel a deep capacity for self-compassion and self-love

- _____ 16. Feel a strong ability to love and be loved.
 _____ 17. Focus on positive attitudes and beliefs instead of negative attitudes/beliefs.
 _____ 18. Feel able to connect with myself and others
 _____ 19. Feel grateful to myself and others
 _____ 20. Communicate well with others by expressing myself effectively,
 listening to others and feeding back what I hear.
 _____ 21. Take time for myself, each day or on a regular basis.
 _____ 22. Understand myself and others well.
 _____ 23. Have a deep connection with my feelings.
 _____ 24. Be mindful of and accountable for my thoughts, feelings and actions.
 _____ 25. Know that I am good enough
 _____ 26. Feel strong and empowered.
 _____ 27. Detach from drama in my life.
 _____ 28. Feel empathetic & connected with others.
 _____ 29. Evolve positively on my spiritual journey
 _____ 30. Feel grateful to a higher power, force or God

Total _____
 Total x 2/3² _____

Circle the 8 Items that you find most valuable, beneficial and useful.

Demographics and administration

The FLBS was given to 23 clients (13 Females, 10 Males). The average age was 37.7, with a standard deviation of 12.4. There was no significant correlation between age and the Friedman Life Balance Scale scores or for that matter between age and the Friedman Mini 5 Factor Scale or Friedman Awakening Scale scores. There was also no significant differences between males and females on any of the scales. Of the 23 clients, 13 clients were administered the scales before the treatment session in the waiting room at intake and 10 clients took the scales later in the therapy process in the waiting room before the treatment sessions.

FLBS: Changes over Time

In Figure 1 you can see the changes over time in 3 clients over an 11-week period.

Figure 1. Changes in total life balance over time (N = 3)

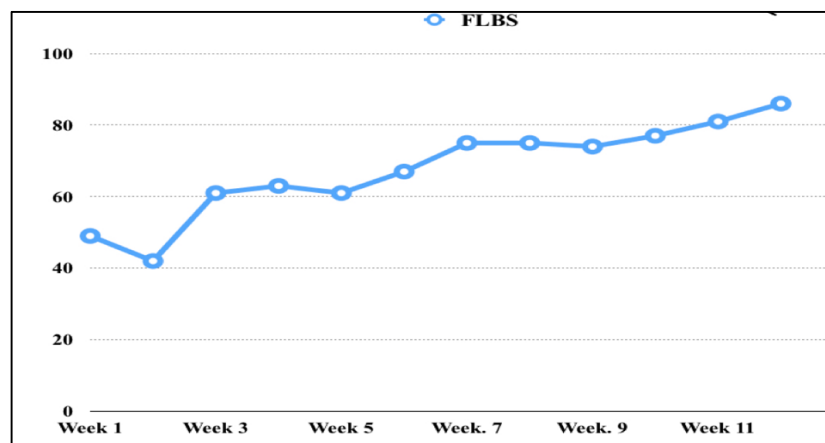
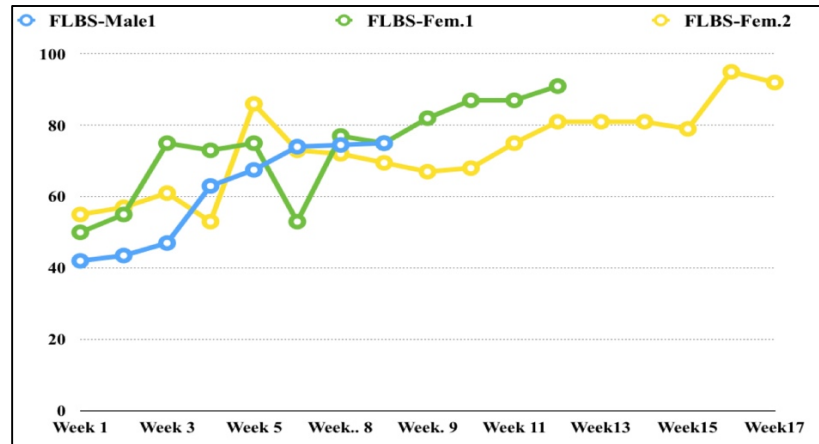


Figure 2 shows the changes over time on the Friedman Life Balance Scale for each of the 3 clients. Notice that the trajectories of change vary somewhat from client to client and the length of treatment also varies from client to client.

Figure 2. Changes in total life balance over time (3 different clients)



FLBS Norms

The averages for the Friedman Life Balance Scales in a clinical population on a 100 point scale is:

Initial Consult: (13) 57.7 SD 10.4.

Later in therapy: (10) 91.3 SD 10.4

Total (23);. $p < .0001$; Average of 2 is 72.4 SD 19.9; Range: 40.7-100

The FBLS and possible integrative changes in the brain

I invited Linda Graham, an expert on the brain, emotions, behavior and therapy, to look over the FLBS and comment on its relationships to brain functioning. My sense/intuition was that as the brain changed the scale scores changes and/or vice versa. Here is her response:

All of these questions point to the higher, more integrative functioning of the brain that can result from good therapy. There is no one area of the brain that is responsible for any of these functions. It's the integration of the brain that leads to these outcomes. The most accurate structure to try to pin down would be the pre-frontal cortex, the center of executive functioning, which is very involved in items 3, 5, 7, 8, 9, 10, 11, 18, 19, 26, 27, 28, 29. Those items are functions of the PFC (prefrontal cortex). But the emotional and social functions come much more from the integration of the entire right and left hemispheres of the brain, and from the default network (social self, processing of worry and rumination) which operates all over the brain.

The FBLS questions elaborated

Current clients in 2017 commented and elaborated on the eight items on the FLBS that they found most valuable, beneficial and useful. Below are sample comments by various clients on each of the 30 questions.

1. Stay in and focus on the present not the past and future..

"I used to focus on the past and future not what was going on around me. Now I have a different mindset."

"I wake up and live for today. I don't focus on tomorrow or the possibility of bad things happening."

"I try to live in the moment and stay in the present. I don't dwell on the past or what could go wrong in the future."

2. Take control of my life

"I take control of my life. I used to do things for everyone else and not for me. I was not organized and scheduled. Now I can do that. One example is with my finances"

"I am free of emergencies now that played out in my life. I no longer give in to them and the demands of others."

3. Change my upsetting feelings

"If I am upset I use tapping and affirmations to feel better. When depressed it works/helps me pull out of it."

"These techniques (tapping, breathing, meditation, affirmations and letter writing) help me be positive in general. Now I can look on the bright side of things. I don't let upsetting feelings consume me anymore by using these tools."

4. Choose to feel positive and calm.

"It is a choice to feel positive and calm. I can change my feelings from upsetting ones to positive and calm ones. I often go through neutral first though by using the tapping and affirmations."

"I originally felt nervous, sad, hurt and like a victim of the baby's father and my ex-boyfriend. Now I can choose to feel positive and calming and not focus on negative things from the past."

"I used to get into arguments with my mother. Now I can see both sides; hers and mine. I have a positive response to my mother now by choice. I am not negative and stay calm."

5. Sort things out and see things in a larger perspective

"I previously had tunnel vision. Now I can see things more clearly and the situations/challenges get better and better."

I sort through things. I prioritize things. I let go of things that are less important. I see things from his (husband's perspective) also. So I understand him better and am at peace."

6. Clarify my options and problem solve.

"I think things through. I am curious about the different options available to me. I actually seek them out. Then I evaluate them by reflecting on them, reading about them or getting advice and feedback from others. I then problem solve by weighing the pros and cons and the consequences of each option. I listen within to my intuition as well. Frequently I turn things over to a higher power. I take my time so that most of the time I make the wisest decision."

7. Reflect on what I can do differently in situations and do it

"I used to jump out and speak without being aware of the consequences or repercussions. Now I think about it. I reflect on situations first now. I am generally more reflective and less reactive."

"I am less frustrated and upset than I was. I am more positive because I reflect on things and see the bright side of circumstances."

8. Make good decisions.

"I try now to make decisions that won't make things more complicated than it is. I don't do risky things now especially without thinking about them. Now I think about positive outcomes and risks."

I look things over and look at the positive and negative side of things before making a major decision. Now I also look at how the decision affects others...When talking to my wife I think through how to say it and how to present it"

"I have a vision of life where I only do things that take me toward the good."

9. Identify steps to take, to plan and then take action

"I am much better at thinking things through"

"I make a plan now when I am upset. It leads to less worrying and more solutions"

"I like to plan steps to get something done now"

"I sort things out. I set goals and meet them by breaking larger goals into smaller steps; so there are larger goals then and smaller goals."

10. Deal effectively with people

"I try not to overreact and understand why people are doing what they are doing in general and with my boyfriend"

"In my family situation with my wife and her family situation I try to see things from their perspective (kids, finances, private schools, spirituality etc) and then deal with them in the most helpful and effective way."

11. Clarify what I want

"I am better able to know what I want; the outcomes desired and what expectations I have for me and my wife"

"Previously I had doubt about my job and now I know I want to be there. I have clarified what I want in a relationship and what I want out of life in general. (before I didn't want kids, for example, and now I am open to having them)"

"I clarify things in general and also my thoughts on any topic. I have clarified what I want."

12. Cherish the good in myself, others and life.

"Before I had low self-esteem. Now I know I am a good person"

"I appreciate people more. I like myself more too. I am more pleasant to be around and more sure of myself. I am less afraid to say what I want and make the right choices now"

"I have learned to love myself and be more positive and loving to myself"

"The voice in my head catches any negative thinking and replaces it with something positive. I appreciate myself for doing something good"

"I am more grateful now for my spouse and for the benefits we have."

13. Forgive myself: let go of judgements and "shoulds"; and accept/love myself.

"If I mess up I try to remember that everyone makes mistakes, It is not a life or death situation"

"I judge myself less. I let go of 'shoulds' and so I am not 'shouldng' on myself"

"I used to hold everything in. Now I let it go. I have let go of most 'shoulds'."

"I look to improve things rather than 'shoulding' "

"I used to judge myself for my sexual identity, screwing up with a student and not being more successful. Now I practice forgiving myself and being kinder with myself"

"I love and accept myself now and forgive myself instead of judging myself. I live in my truth now. I have opened my eyes to that."

14. Forgive others by letting go of 'shoulds', blame and judgements of them

"I forgive my husband more easily now. I am more aware of my judgments; for example, I backed away from his antagonism for his maternal grandmother; his wanting to sleep in late on Saturdays etc."

"I had resentment to my sister and brother in-law in another state. I worked successfully on forgiving them and releasing judgments"

"I no longer look to others for what I want so I can forgive them more easily...I have worked on forgiving my mother, brother and family for 'shoulding' on me a lot.' "

15. Capacity for self-compassion and self-love

"I can look in the mirror and accept myself without make-up. I can accept myself for what is. I don't

pick myself apart anymore for what is not"

"I have cleaned away the 'crap' and shifted my focus to loving myself and others."

16. Feel a strong ability to love and be loved

"Now I love a lot of people. Before very few. I feel more loved and perceive it more"

"I can express "I love someone" and accept love from others much more now."

It is rooted in loving myself first. The source of my love is from within. (God, Source, Universe, etc.)"

"My husband and I are more loving to each other. We don't fight. We touch each other much more now."

17. Focus on positive attitudes and beliefs instead of negatives attitudes/beliefs

"Because I focus much more on positive attitudes and less on negative ones I worry a lot less."

"I didn't realize I was so negative before and focusing on negative attitudes so much. Now I focus on positive attitudes."

"As a little girl I couldn't cope. I made up stories about my Dad, that I wasn't good enough for him etc. I recently told him and he said he never felt that way. Now I realize I am very loved and appreciated. I am kind and have a lot of power (heart-power) within."

18. Feel able to connect with myself and others

I am no longer alone all the time. Before I couldn't connect with others. Now I have many friends."

"I connect more with a lot more people. and with myself. I focus more on my feelings. When I feel something I recognize it. Then I decide whether to share it or not or just breathe or listen to music or find a supportive friend."

"I feel connected to my deepest intuitive feelings and motivations."

19. Feel grateful to myself or others

"I make an effort to feel grateful; to let go of the negative stuff and shift to the positive. I am grateful to my standard of living especially compared to my impoverished family abroad."

"I have a unique contribution to the world to benefit people. I am grateful to the force within me and respond to it. I am also grateful to the force, energy and power within others."

20. Communicate well with others

"I make more of an effort to care about all the little things people say. Now I am more interested in other people. I am a better listener with most people and especially my co-workers...I slow things down. I listen first and then re-iterate what I heard. I ask myself do they want me to just listen or do they want my feedback. What role do they want from me. So now I communicate well with others."

"I used to feel like I was spoiled. Now I take into account everything. I didn't listen before. Now I listen and that is the key."

21. Take time for myself, each day or on a regular basis

"Every night I check off my most important needs I have met each day (using post-it notes). I can also vocalize that I need time for myself (to my husband) and speak up so my needs can be met; for example, dance class, book club, working out at the gym."

"I never did put myself first. In fact I used to put myself last. Now frequently I put myself first. I take time for myself and it has improved my home life as well."

"I set the intention every day to do one thing for myself; for example: read, meditate, do my nails. It is very important to me."

22. Understand myself and others well

"I ask why others do what they do. I try to be empathetic now. I let go of judgement so I don't judge."

"I used to find I had to prove something to my Dad. Now I don't have to prove myself. My upset with him has dissolved."

"I know myself better. I know my feelings better."

"I don't try to envision the outcome before taking action first, for example before actually conversing with my Dad."

23. Have a deep connection with my feelings

"I have a better understanding of my feelings. I identify feelings now and work with them. I ask why are they there. and how can I feel better...I connect with my truth, my intuition and my feelings a lot more now."

24. Be mindful of and accountable for my thoughts, feelings and action.

"Before I didn't think about what I would say. I was rude. Now I never do that. I think about others feelings more."

"I never thought before about different feelings. I was just upset. Now I am more mindful of different feelings, that is, more aware of them."

"I used to say I would do whatever without considering others feelings. Now I think about others feelings and say what I feel more clearly or in a different way."

25. Know that I am good enough

"I shifted my focus to the positive. I have released judgment of myself."

"I am good enough. Before I didn't feel normal. I felt no one cared. Now I feel more normal and people care about me. I like myself and am doing much better."

"I never realized before I was 'good enough'. I was afraid to challenge myself. I gave up before I started. Now I think differently about myself."

"I love myself and know I am good enough and also powerful."

26. Feel strong and empowered

"I feel powerful."

"I never realized before I was strong and empowered. Now I feel that. Now I listen and get feedback, usually all positive...I know what I am doing. I am confident now."

"I have strengthened certain energies inside me that make me feel more powerful."

27. Detach from drama

"Meditation helps me detach from drama which I do every day. I bring my focus back to the breath and relax my body parts. This lets me let go of things bothering me."

"I can get away from negative situations with my Dad without letting it affect me. It was very stressful and it spilled over to my marriage. I would hear from my Mom about their marital problems. Now I can get away from it and detach from him and her and the drama."

"I can detach from the dramas within the church without getting hooked and caught by them."

28. Feel empathetic and connected with others.

"I am more empathic and connected to my wife. I am more on the same page as her. I was always on the edge. I am much closer to her in the last year."

"I look at everyone differently. I am empathetic and connected. Everyone is someone's child."

29. Evolve positively on my spiritual journey

"I was always a spiritual person. Being at ease has helped. I am more involved with my church."

"I have evolved. I believe someone is watching over me and guiding me. I am listening within and reading spiritual books. I am more open to positive things happening. I no longer expect the worst. I expect the best now."

"I have an expanding perspective. I see God as more expansive. I can encounter God in many ways now. I am motivated to keep learning."

30. Feel grateful to a higher purpose, force or God

"I am grateful to all other things. I have become more spiritual. I have changed my attitude."

"I am more at ease and less distant from God. I feel spiritually closer to God. I pray more."

"I am grateful to God for where I am. And for my child and my parents and you."

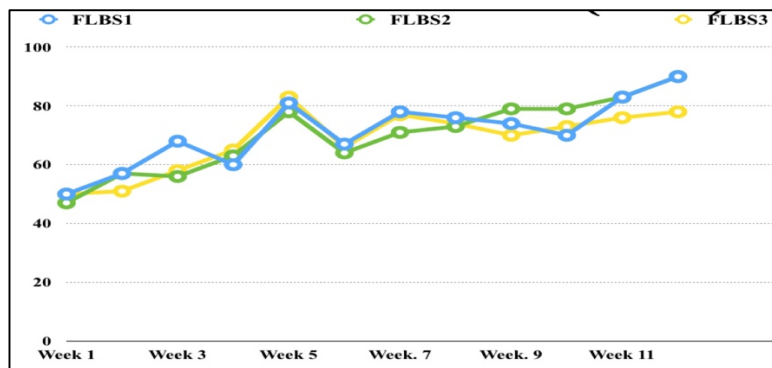
"Life is a miracle that we are here. A higher power is working together with us for the higher good. Be grateful."

The Friedman Life Balance Subscales

There are 10 questions on each of the 3 Friedman Life Balance subscales, identified as FLBS1, FLBS2 and FLBS3. The correlations between the 3 subscales are very high, ranging from .87 to .96. Each subscale could be used alone to track change session by session. However, the saving in time may not be worth the loss in valuable client information. Moreover, the client's answers to each of the 30 questions can be used therapeutically during clinical sessions if desired by the clinician.

Figure 3 shows the changes over time in each of the 3 Friedman Life Balance subscales.

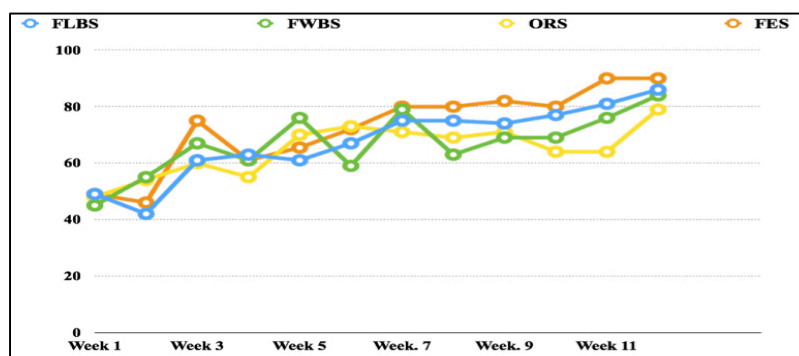
Figure 3: Changes in 3 Life Balance Subscales (N=3)



The FLBS and Scales of Well-Being and Emotional Stability

Figure 4 presents changes over time in the FLBS and two well-known measures of well-being, the ORS or Outcome Rating Scale (Miller et. al, 2003) which is basically a 4 item measure of well-being-distress and the Friedman Well-Being Scale (Friedman, 1992) along with the Friedman Emotional Stability subscale (to be described later in this article). As you can see, the trajectories of change over time are quite similar.

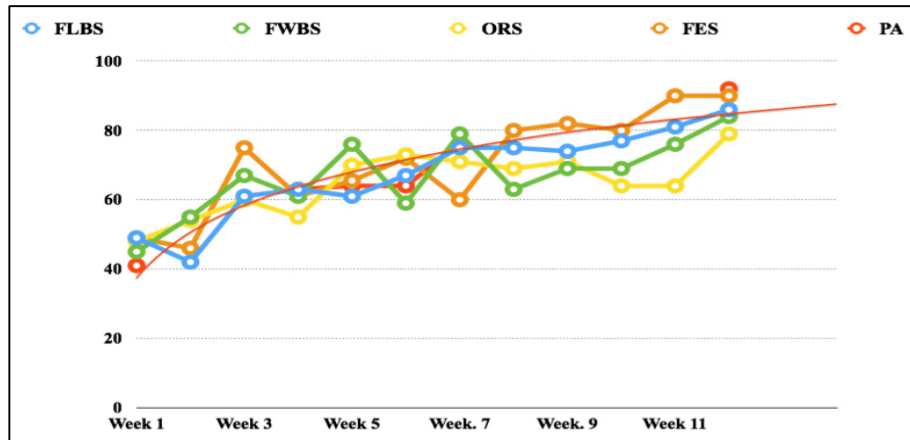
Figure 4. Changes in Life Balance, Wellbeing and Emotional Stability (N=3)



The FLBS and Scales of Well-Being, Emotional Stability and Positive Affect

Figure 5 presents changes over time in the FLBS and the previous measures of well-being and emotional stability but adds the Friedman Positive Affect Scale or PA (Friedman, 1998) to the measures of change session by session over time. As the measures of life balance, well-being, emotional stability increase, there is a corresponding increase over time in positive affect.

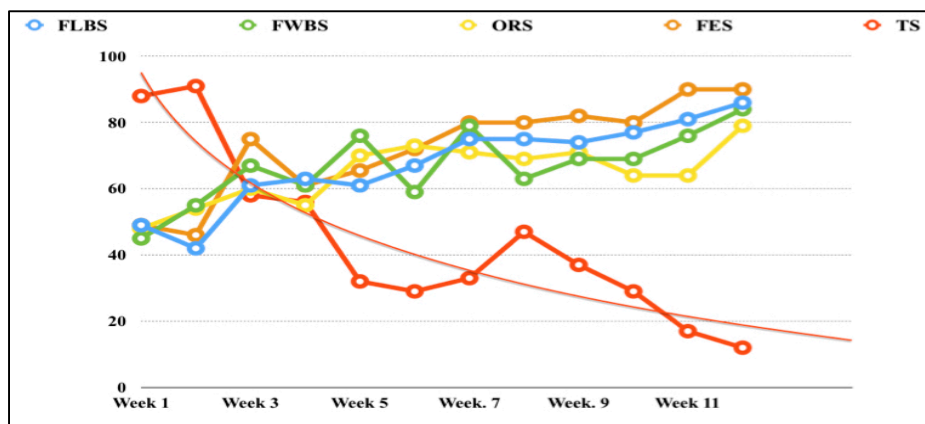
Figure 5: Changes in Life Balance, Wellbeing, Emotional Stability and Positive Affect (N=3)



The FLBS and Scales of Well-Being, Emotional Stability and Total Stress

Figure 6 presents changes over time in the FLBS and the previous measures of well-being and emotional stability but adds the SCL-90 Total Stress Symptom Checklist (Derogatis, 1973) score to the measures of change, session by session over time. As the measures of life balance, well-being, emotional stability increase simultaneously there is a corresponding decrease in total stress over time using the SCL90 Stress Symptom Checklist

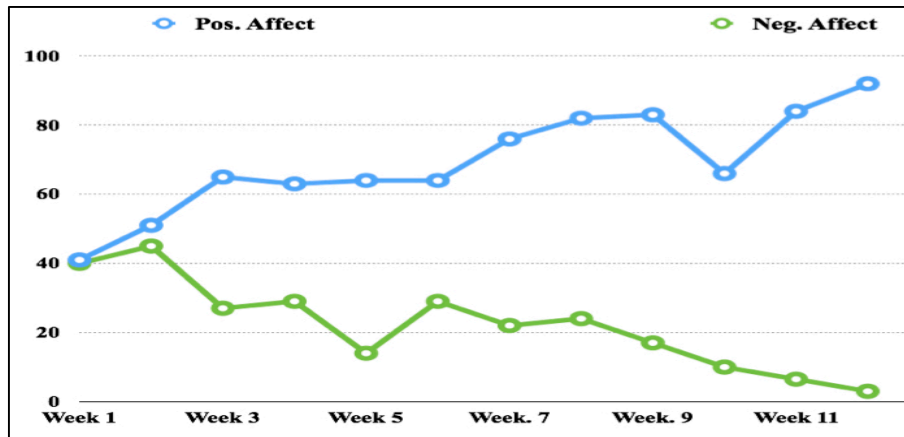
Figure 6. Changes in Life Balance, Wellbeing, Emotional Stability & Total Stress (N=3)



The Friedman Positive and Negative Affect Scales (FPNAS)

Figure 7 presents changes over time in the Friedman Positive and Negative Affect Scales. (Friedman, 1998). These changes are occurring simultaneously with the changes in the Friedman Life Balance Scale as well as the other measures of well-being and emotional stability. Positive affect steadily increases while negative affect decreases over the course of 11 sessions.

Figure 7. Changes in Positive and Negative Affect (N=3)



The Friedman Affect Balance Scale (FABS)

Figure 8 presents changes over time in the Friedman Affect Balance Scale, [which is positive minus negative affect] (Friedman, 1998). These changes are occurring simultaneously with the changes in the Friedman Life Balance Scale, as well as [with] the other measures of well-being and emotional stability. Positive minus negative affect steadily increases over time indicating that while the FLBS score increases, so do the affect balance, well-being and emotional stability.

**Figure 8. Changes in Affect Balance
Positive minus Negative Affect (N=3)**

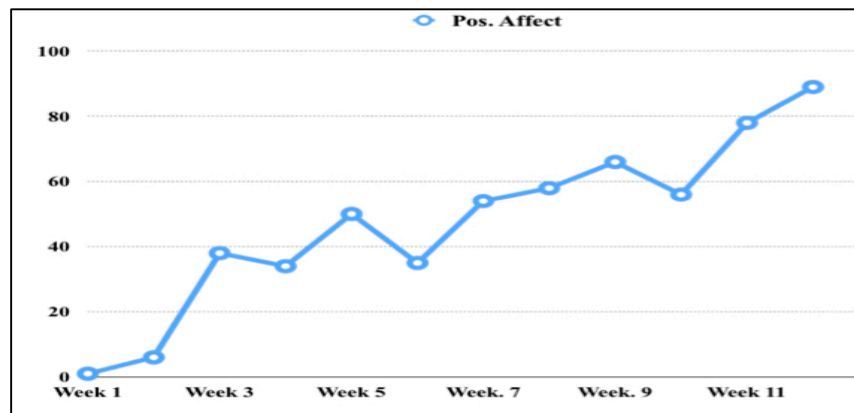


Table 1 shows the positive correlations of the FLBS with other scales: Friedman Well-Being Scale, 1992; Satisfaction with Life Scale (Diener, et. al. 1985); Flourishing Scale (Diener, et. al, 2010); Outcome Rating Scale or ORS (Miller and Duncan et. al, 2003); Friedman Positive Affect, Negative Affect and Affect Balance Scales and Subscales (Friedman, 1998); Self-Compassion Scale (Raes,

Neff et. al, 2011); Friedman Self-Worth Scale (Friedman, 1997); Friedman Total Belief Scale or Positive minus Negative Beliefs Scale (Friedman, 1993); and their probabilities. The correlations range from .65 to .82 with self-compassion being the lowest positive correlation and well-being and life satisfaction being the highest. Still, all are high correlations.

Table 1: Mostly Positive Correlations of the FLBS with Other Scales in a Clinical Population (N=23)

Scale	Correlation	Probability
Well-being	0.82	p<.0001
Life satisfaction	0.80	p<.0001
Outcome rating	0.79	p<.0001
Flourishing	0.77	p<.0001
Pos. Affect	0.77	p<.0001
Neg. Affect	-0.71	p<.0001
Affect balance	0.80	p<.0001
Self-compassion	0.65	p<.0001
Self-worth	0.79	p<.0001
Total beliefs	0.75	p<.0001

Table 2 shows the negative correlations of the FLBS with the Total Hopkins Stress Symptom Checklist score and 3 of the subscales; Depression, Anxiety and Anger and their probabilities. The correlations range from .61 to .84 with anger being the highest negative correlation and anxiety being the lowest. Again, overall, all demonstrate high correlations.

Table 2. Negative Correlations of the FLBS with Other Scales in a Clinical Population (N=23)

SCALE	Correlation	Probability
SCL90 - Depression	-0.72	P<.0001
SCL90 - Anxiety	-0.61	P<.0002
SCL90 - Anger	-0.84	P<.0001
SCL 90 - Total Stress	-0.75	P<.0001

These high correlations indicate that changes in the FLBS can be a powerful predictor of changes in related well-being-distress variables in both the positive and negative direction over time in a clinical population. Because of the content of the FLBS, it can, however, be a unique measure of both process and outcome in psychotherapy and very possibly useful in other contexts as well. For instance, a colleague in Texas will soon be gathering norms on the scale in a college population. In addition, because of the origins and nature of the content and questions, each item on the FLBS can also be a focus of treatment interventions.

The interventions used with the 3 clients in this study have been described earlier in various articles and chapters (Friedman, 2002; 2006; 2010; 2013; 2015a; b; Friedman & Toussaint, 2006.)

Friedman Mini Five Factor Scale Development

This questionnaire was an outgrowth of the Friedman Legacy Scale. The development of the Friedman Legacy Scale was stimulated by a client's surprise question one day in 2016; "Dr. Friedman what would you want people to say about you if you died." I actually did ask that question to many friends, colleagues and clients over the next month and asked them to write their answers down. There were 60 different responses and I developed the Friedman Legacy Scale from their responses. There were 60 positive qualities listed on this scale. I administered this scale to all my clients and asked for some feedback from a couple of colleagues. It quickly became apparent that of the 5 core factors or dimensions of personality the Friedman Legacy Scale were overweighted on the Agreeableness factor/dimension. So I decided to use this scale as a launching point for a new short scale that had an even balance between the 5 core factors: emotional stability, openness, agreeableness, extraversion and conscientiousness. This scale thus has 5 positive adjectives for each of the 5 factors/dimensions. The items were drawn from both the Friedman Legacy Scale and a known lists of adjectives/qualities of the 5 core factors/dimensions. (L. Goldberg, 1992). In addition, the scale would have to be easily administered and scored so it could be used by clients before their psychotherapy sessions. I have used the scale mostly to have clients rate themselves but I have also used the Friedman Mini 5 Factor Personality Scale to have them rate others (parents, spouses, partners, siblings, children etc).

Friedman Mini 5 Factor Personality Scale (FM5FS)

Below are the 25 questions on the Friedman Mini 5 Factor Personality Scale

On a scale from 0 to 5 how would you rate _____ on these positive adjectives:
0 = not at all; 1 = rarely; 2 = a little bit; 3 = somewhat; 4 = a lot; 5 = a great deal

- | | |
|------------------------|------------|
| _____ 1. Calm | |
| _____ 2. Relaxed | |
| _____ 3. At Ease | |
| _____ 4. Contented | |
| _____ 5. Peaceful | _____ ES |
| _____ 6. Intelligent | |
| _____ 7. Analytical | |
| _____ 8. Curious | |
| _____ 9. Imaginative | |
| _____ 10. Creative | _____ OPEN |
| _____ 11. Kind | |
| _____ 12. Warm | |
| _____ 13. Trustful | |
| _____ 14. Generous | |
| _____ 15. Flexible | _____ AG |
| _____ 16. Extroverted | |
| _____ 17. Talkative | |
| _____ 18. Enthusiastic | |
| _____ 19. Assertive | |
| _____ 20. Sociable | _____ EXT |

- _____ 21. Organized
 _____ 22. Responsible
 _____ 23. Reliable
 _____ 24. Practical
 _____ 25. Hardworking
- _____ CONS

Circle the 5 Adjectives That You Find Most Outstanding. Thanks¹

Friedman Mini 5 Factor Scale (FM5FS): Norms

The averages for the Friedman Mini 5 Factor Scale (FM5FS) in a small clinical population (N=22), on a 25 point scale is:

EMOTIONAL STABILITY (ES)

Initial Consult: (12) 13.1, SD 3.9

Later in therapy (10) 19.8, SD 6.5, $p < .007$; Average of 2 is 16.1; SD 6.2

OPENNESS (OPEN)

Initial Consult: (12) 20.1 SD 3.1

Later in therapy (10) 20.1 SD 6.1, $p < .99$; Average of 2 is 20.1; SD 4.6

AGREEABLENESS (AGREE)

Initial Consult: (12) 19.1 SD 3.8

Later in therapy (10) 21.5 SD 5.2; $p < .22$; Average of 2 is 20.2; SD 9.5

EXTROVERSION (EXT)

Initial Consult: (12) 14.1 SD 6.1

Later in therapy (10) 19.8 SD 5.9; $p < .01$; Average of 2 is 16.7; SD 5.7

CONSCIENTIOUSNESS (CONS)

Initial Consult: (12) 19.8 SD 3.2

Later in therapy (10) 23.2 SD 3.6; $p < .03$; Average of 2 is 21.4; SD 3.7

A close inspection of the norms indicates that clients at intake had significantly lower scores on the emotional stability, extraversion and conscientious subscales of the Friedman Mini 5 Factor Scale compared to clients later in therapy. There were no significant differences, however, on the openness and agreeableness subscales. Because the Friedman Mini 5 Factor Scale is short and in fact shorter than other 5 factor inventories it can easily be used session by session if desired to measure change during psychotherapy sessions. Incidentally the correlation between the Friedman Life Balance Scale and the 5 subscales of the Friedman Mini 5 Factor Scale are: Emotional Stability (.65, $p < .0008$); Openness (.06, $p < .81$); Agreeableness (.49, $p < .02$); Extraversion (.66, $p < .0006$); Conscientiousness (.46, $p < .03$) The openness subscale was the only Friedman Mini 5 Factor subscale that didn't have significant positive correlations with the Friedman Life Balance Scale. The highest correlations though were with the emotional stability and extraversion subscales. It is not surprising that emotional stability would correlate to life balance at a high level but less immediately obvious that extraversion would also correlates at a high level. Future research could well explore this relationship further.

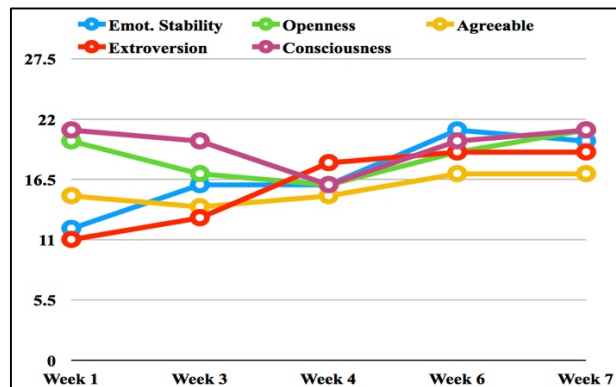
Table 3. shows the substantial positive correlations between three of the Friedman Mini 5 Factor subscales with other scales. All of the correlations except one (anxiety and extraversion) are statistically significant .

Table 3. Correlations between the Emotional Stability, Extroversion and Conscientiousness Subscales of the Friedman Mini 5 Factor Scale and other scales

	Emotional stability	Extroversion	Conscientiousness
Well-being	0.82	0.77	0.64
Outcome rating	0.71	0.64	0.55
Life satisfaction	0.72	0.49	0.60
Positive affect	0.86	0.71	0.69
Negative affect	-0.70	-0.51	-0.52
Affect balance	0.85	0.67	0.67
Self-worth	0.66	0.59	0.70
Total stress	-0.76	-0.47	-0.59
Depression	-0.73	-0.49	-0.56
Anxiety	-0.73	-0.35	-0.57
Anger	-0.65	-0.55	-0.60

Client 1 below was a 29 year old single accountant. His distress level was quite high at intake due to feeling overwhelmed at work, personal relationships conflicts and health issues. He was out of work for a short time when therapy began. Treatment was brief but very effective. As seen in Figure 9, his biggest changes were in emotional stability (blue line) and extroversion (red line)

Figure 9: Changes in Five Factor Subscales (Cl. 1)

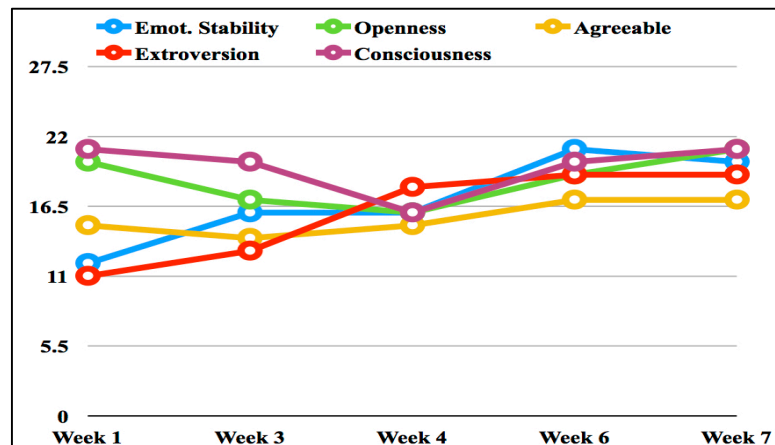


Client 2 was a 38 year old married nurse, married to a physician.

"I liked setting goals for myself and writing them down. I like reading them back to myself even though I have not fully met each one yet. I think the biggest change was me learning that happiness is a choice and that I cannot rely on my husband to make me happy... I need to seek my own happiness as well. I think we learned better ways of communicating and how to use repair efforts to make up and explain what was making us unhappy/frustrated. I try to be more positive now and try not to let the little things frustrate me or make me feel anxious. Every day I remind myself of all the things I have to be grateful for and I try not to think of the things that I don't have. My husband and I have become better at listening to each other and understanding what the other person is saying. I am taking small steps to become more forward with my feelings and become

better at explaining them. At work I am trying to become more forward as well and more outgoing and strong. I am working on not taking things as personally, and understanding where other people are coming from. I am also now much more aware of my feelings...I am more aware of how I am feeling and what is causing that feeling. Also, how to make the bad feelings go away. The graphs in Figure 10 show that Client 2 made substantial changes in emotional stability (blue line) and extroversion (red line).

Figure 10. Changes in Five Factor Subscales (Cl. 2)

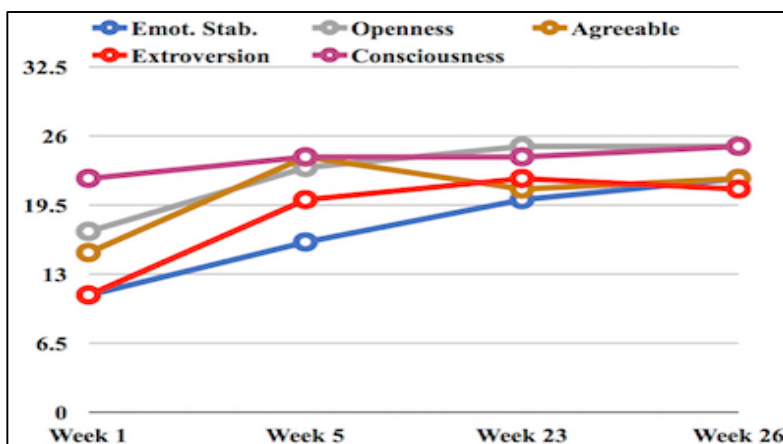


Client 3 was a 25 year old, single school teacher

“With therapy, I became more able to cope with my emotions. I started to feel like a normal human that somebody might actual enjoy the company of. I don't believe any of the things my former boyfriends used to say to me. I know they were both wrong. When I started to feel better, I became a better friend. I started to care more about the small details of other people lives and how they feel and what they have to say. I was able to start forming stronger friendships. I started making plans to hang out with people even if they weren't ideal or perfect. I just started to appreciate people for who they are, knowing nobody will be perfect or be the perfect friend. I also started to accept the reality of my relationship with a married man. It is only the beginning of a relationship nothing more or less. I do feel like I love him but there's no real opportunity for growth in our relationship. I realize I want a family someday and he can't be a part of it. I still become occasionally sad because I want a family and I wish it could be with him, so sometimes I just want to stop our communication since that will never happen. (He's 42, a school principal, married with 2 kids) But other times I just want to appreciate what I do have with him, instead of wishing for more. Another change in me is that I became more assertive and confident. I feel like my opinions and feelings are valid and I feel comfortable speaking up about issues at my job and any other time. I really like being able to express myself instead of being afraid.”

Data was not available for Client 3 for every session. Her progress was slower than for Clients 1 and 2. Still she made substantial changes as seen in the paragraph above and the graphs below. Her biggest changes shown in Figure 11 were on emotional stability (blue line), extroversion (red line), openness (green line) and even agreeableness (yellow line) to some extent.

Figure 11: Changes in Five Factor Subscales (Cl. 3)



The Friedman Awakening Scale Concept and Development

The Friedman Awakening Scale had a different origin than the Friedman Life Balance and Friedman Mini 5 Factor Scales. Earlier in 2017, I felt there was a need for a new scale that would assess a person's level of spiritual awakening that wasn't covered by other scales I had developed. So I explored the concepts of many spiritual teachers I was familiar with and came up with 40 questions that seemed to cover the spiritual awakening territory. A little later with the help of a colleague, Bruce Fay, I added 10 more questions. Five questions he generated and five I created.

The Friedman Awakening Scale Questions³

On a scale from 0 to 5 how much does each item describe you at the present time?

0 = not at all; 1 = rarely; 2 = a little bit; 3 = somewhat; 4 = a lot; 5 = a great deal

- _____ 1. I am able to let go of the outcome of my desires.
- _____ 2. I am able to include everything within me: to let everything in.
- _____ 3. I am aware of Awareness itself.
- _____ 4. I see space around everything.
- _____ 5. I see things routinely from a higher Perspective.
- _____ 6. I am being guided, directed, blessed and loved.
- _____ 7. Everything is unfolding perfectly. I am perfect where I am.
- _____ 8. I am able to let go of any investment in the future
- _____ 9. I am evolving to a higher potential
- _____ 10. I am at One with all Beings.
- _____ 11. A higher consciousness moves through me.
- _____ 12. I live my life from awakened consciousness.
- _____ 13. I frequently experience a higher Wisdom flowing through me.
- _____ 14. I frequently experience unconditional love.
- _____ 15. The universe works through me to use my gifts to serve others.
- _____ 16. I align with my higher power/intelligence to contribute to others.
- _____ 17. I am clear about my next step; my next Inspired action.
- _____ 18. I focus on where I have the most energy/deepest desires fertile within
- _____ 19. I listen to and trust my higher intelligence/deeper intuitive knowing.
- _____ 20. I align with the higher potential of my life; taking actions from there.
- _____ 21. I am able to let everything be as it is. i.e. let reality happen
- _____ 22. I know that meditation within me is always going on.

- _____ 23. I am aware of infinite possibilities
 _____ 24. I am limitless.
 _____ 25. I am able to be totally present in the moment
 _____ 26. I am free to not know anything
 _____ 27. I am open to communication from the Source of my being
 _____ 28. I am free and innocent.
 _____ 29. I know that Awareness is nonlocal. It is everywhere.
 _____ 30. I am aware of my True Nature
 _____ 31. I live for the upliftment of the whole.
 _____ 32. I frequently experience deep inner peace.
 _____ 33. I am intuitive, creative and connected.
 _____ 34. I easily create partnerships with others.
 _____ 35. I have lots of compassion, empathy, integrity and love
 _____ 36. I show up wherever I am and express the higher aspect of my nature
 _____ 37. I embody my deepest truths
 _____ 38. I surrender to the divine, a higher power, a deeper knowing.
 _____ 39. I am perfect just as I am.
 _____ 40. Everything is working for me not to me
 _____ 41. I am able to do little things with great love.
 _____ 42. I am able to take the next step and trust my future to the divine
 _____ 43. I am able to let go of my investment in results and just do my part.
 _____ 44. I am able to easily forgive myself and others by releasing blame.
 _____ 45. I am known and loved by a higher power.
 _____ 46. I can detach from events and focus on my own divine connection.
 _____ 47. I receive a great deal of fulfillment from my spirituality
 _____ 48. I can find a spiritual peace within even when I experience problems.
 _____ 49. I place maintaining my spirituality as a high priority for me.
 _____ 50. I am helped to understand my life purpose through my spirituality.
- Total _____

Friedman Awakening Scale (FAS) Correlations and Norms

The first 40 questions on the Friedman Awakening Scale were administered to 14 clients (7 at intake and 7 later in therapy) and 13 non clients including an acupuncturist, 2 energy healers,, 8 yogic meditators of long standing, and a spiritually oriented psychologist and psychiatrist. (the last 10 questions were not added at that time). The correlation between the scores for the first 20 questions and the last 20 questions on the Friedman Awakening Scale was .96.

See Table 4, showing the correlation between the total score for the first 40 questions and 18 other scales in this clinical population.

Norms were obtained as well for the total sample and subgroups: There were 27 people in all in this sample of clients and non-clients. The clients were divided into 2 groups: those at intake (N=7) for psychotherapy and those later in therapy (N=7). There were 13 non-clients in the sample as well. Of course, more research with a larger sample size is needed and a much larger study on college students is scheduled to be conducted at a university in Texas in early 2018. So far no data has been collected measuring any possible changes over time on the Friedman Awakening Scale. Minimum data has been collected so far on all 50 questions.

See Table 5 for FAS norms.

Table 4: Correlations of the Friedman Awakening Scale with 18 Scales (N=14)

Scale	Correlation	Probability
Life balance	0.80	0.0002
Well-being	0.76	0.001
Self-worth	0.77	0.001
Satisfaction with life	0.72	0.003
Happiness	0.66	0.009
Positive affect	0.76	0.001
Negative affect	-0.40	0.16
Affect balance	0.63	0.02
Meaning/Purpose	0.62	0.02
Self-compassion	0.59	0.03
Belief scale	0.58	0.03
Flourishing	0.56	0.04
Outcome rating	0.54	0.05
Total stress	-0.57	0.03
Depression	-0.50	0.07
Anxiety	-0.63	0.02
Anger	-0.62	0.02
Obsessing	-0.64	0.01
Interp. sensitivity	-0.49	0.07

Table 5: Norms for the Friedman Awakening Scale for the Total Group and Different Subsamples

	Average	Standard Deviation	Number
Total Group	72.3	19.9	27
Intake Client	52.8	12.9	7
All Clients	62.9	22.0	14
Later Clients	73.0	21.4	7
Non Clients	76.7	13.3	13
Not Intake Clients	75.3	16.1	20

The difference between the clients average score on the Friedman Awakening Scale (62.9) and non-clients (76.7) was statically significant ($p .05$). The difference in the average score between the 7 clients at intake (52.8) and the average score of the remaining sample of 20 (75.3) on the Friedman Awakening Scale was statically significant ($p .0003$). The clients who filled out The Friedman Awakening Scale later in therapy had average scores (73) almost as high as the average for the non-client group (76.7). The range of scores on the Friedman Awakening Scale was 35 to 99.

Summary

This article reviewed the rationale, development, research and the clinical use of 3 new scales: The Friedman Life Balance Scale (FLBS); the Friedman Mini 5 Factor Scale (FM5FS) and the Friedman Awakening Scale (FAS) and their relationship to measures of well-being, stress, affect, beliefs, self-worth, and other scales. It demonstrated that there were significant differences between clients at intake and later in therapy on the Friedman Life Balance Scale, the Friedman Emotional Stability, Extroversion and Conscientiousness subscales and the Friedman Awakening Scale. It also demonstrated how these scales and subscales can be tracked session by session over time during psychotherapy; and that different clients trajectories change at different rates and sometimes on different subscales. It described in depth clients perceptions of the changes in attitude, feeling and behavior taking place during psychotherapy and, in that sense, could be considered a mini course on what needs to change during therapy and to some extent how to do it. The article also demonstrated the significant differences on the Friedman Awakening Scale between clients and non-clients, especially clients at intake.

The article also presented norms for the various scales and subscales. Finally, the article suggested that the changes taking place during psychotherapy as measured by these scales coincided with a change in the integrative functioning of the brain in general and especially the pre-frontal cortex, which is the center of executive functioning. In addition, the clients perceptions of changes seem to coincide with changes in the emotional and social functions of the brain which comes from the integration of the entire brain. Of course, further research with larger clinical and non-clinical samples is strongly encouraged and one such study is already planned.

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Endnotes

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2. This recalibrates the scores on a 0-100 point scale of reference for easy understanding. I always develop scales that have a 100 point frame of reference.
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