

**LIFE COMPASS**

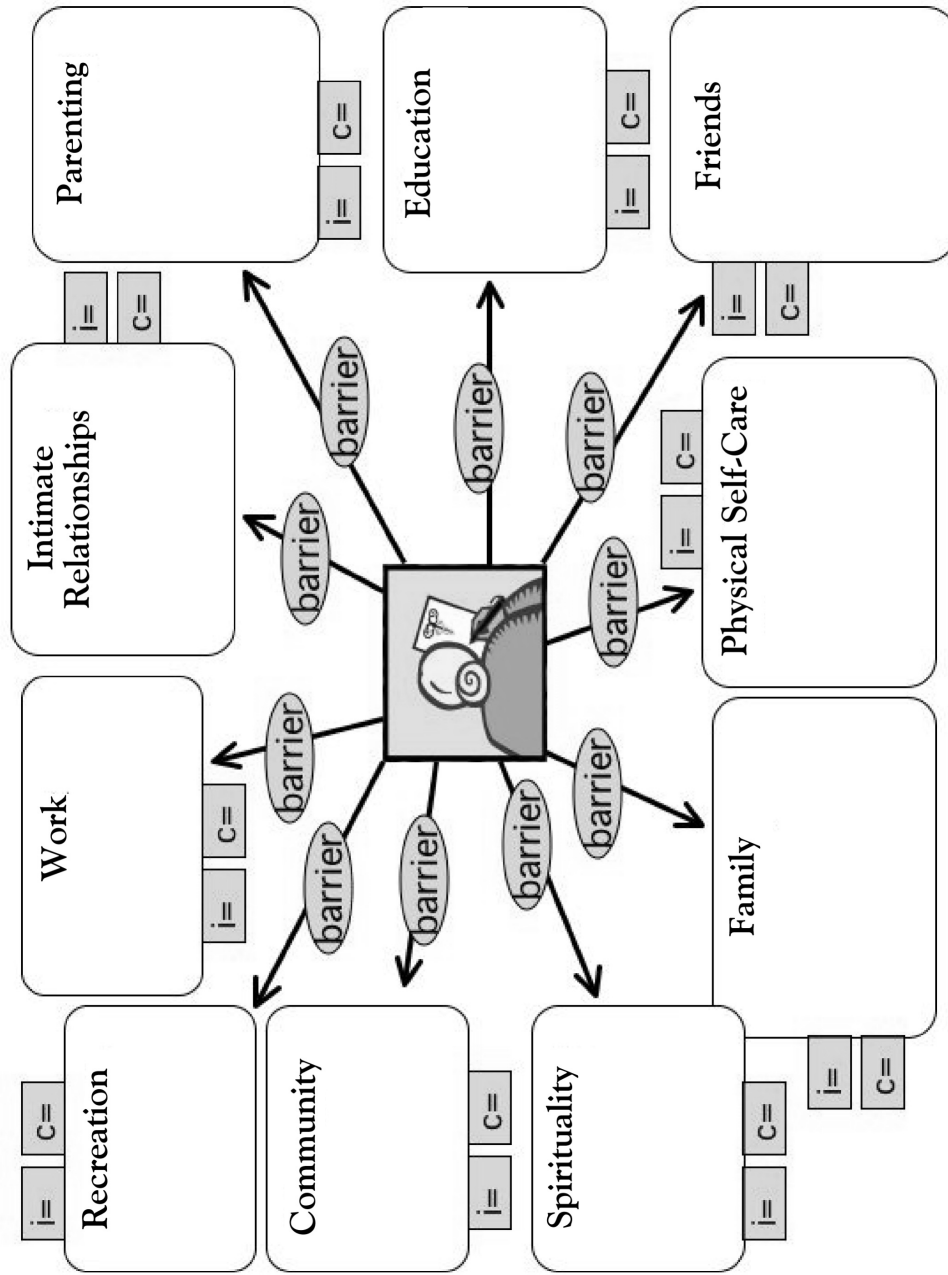


Figure 3. The Life Compass—a behavioral compass of valued life domains, intentions in each area, and potential barriers to reaching those goals (adapted from Dahl et al., 2004; Copyright 2004 by the Association for the Advancement of Behavior Therapy). Reprinted by permission of the publisher.