

BASIC-ID Template for Multi-Modal Coaching

Are you struggling with an issue that is affecting your overall physical health? Or trying to break a difficult habit with little success?

Multimodal therapy (Lazarus, 1981) operates on the idea that each individual is unique and affected in different ways. Therefore, they should receive treatment based on their individual needs and personality type.

The BASIC-ID acronym is used in multi-modal coaching and is explained below:

- **Behavior:** What is/are the behavior(s) that is/are central to the problem(s)? What are you doing?
- **Affect:** Feelings/emotions that you experience when engaging in the behavior(s).
- **Sensation:** What happens when you are engaging in the behavior(s)? How does your body respond?
- **Imagery:** What do you typically picture when you think about this/these behavior(s)?
- **Cognitive:** What thoughts do you associate with this behavior? Are they intrusive?
- **Interpersonal:** Are there any social actions associated with this/these behaviors?
- **Drugs/Biology:** What are the condition(s) you are at risk of because of this/these behavior(s)? Are any drugs or other substances involved? If so, how often do you engage in them?

To help you, we have included a sample below:

Habit I want to break: Drinking multiple bottles of wine in a week.

BASIC-ID Acronym	Behavior/Reaction	Potential Solution(s)
Behavior	Drinks every night after work. Drinks more excessively in social situations.	<ul style="list-style-type: none"> ■ Set a stop day and cut down gradually before stop day. ■ Engage in exposure therapy surrounding social situations.
Affect	Feels more anxious when not drinking.	<ul style="list-style-type: none"> ■ Engage in meditation or exercise when feeling anxious.
Sensation	Shakes and more likely to feel negative thoughts (i.e., worthlessness, fear) when not drinking.	<ul style="list-style-type: none"> ■ Practice relaxation techniques ■ Identify intrusive and fearful thoughts with coach; come up with ways to combat them.

BASIC-ID Acronym	Behavior/Reaction	Potential Solution(s)
Imagery	Can picture childhood - mother drank constantly and was often passed out before 1pm.	<ul style="list-style-type: none"> ▪ When this picture comes to mind, picture my mother in happier times or picture what I can do differently.
Cognitive	I must have a drink to get through the night (All-or-Nothing) If I have one drink, I've blown it! (All-or-Nothing)	<ul style="list-style-type: none"> ▪ Dispute all or nothing thinking by identifying the "grey" or middle areas.
Interpersonal	Drinks in social situations. Drinks when alone.	<ul style="list-style-type: none"> ▪ Practice assertive communication to help set limits in social situations. ▪ Make a list of activities you can do to occupy yourself when lonely.
Drugs/Biology	Drinks excessively almost every day. Mild liver damage.	<ul style="list-style-type: none"> ▪ Joining AlAnon ▪ Having a sponsor to stay on track ▪ Regular checkups with doctor to monitor liver ▪ Change diet; consult with a nutritionist.

With your coach, come up with a habit that you want to break to make yourself more physically healthy. Then, fill out the corresponding sections with the behaviors and thoughts that correspond with the habit.

Habit I want to break:

BASIC-ID Acronym	Behavior/Reaction	Potential Solution(s)
Behavior		
Affect		
Sensation		
Imagery		
Cognitive		
Interpersonal		
Drugs/Biology		

References

- Lazarus, A. (1981). *The Practice of Multimodal Therapy*. McGraw Hill.

Gabriella Lancia, PhD