

Table 1.1 Characteristics of EXP stages

| Stages | Characteristics (Klein <i>et al.</i> 1969) | Stages | Rating criteria (Miyake <i>et al.</i> 2007) | Overview |
|--------|---|----------|---|------------------|
| 1 | Content or manner of expression is impersonal (e.g. abstract, journalistic account of events) | VERY LOW | External events with no reference to feelings | Event-centered |
| 2 | Association between speaker and content is explicit, but no reference to the speaker's feelings | | | |
| 3 | Description of the speaker in behavioral terms with added comments on feelings | LOW | External events are narrated; feelings are reactions to events | |
| 4 | Clear presentation of feelings. Feelings or experiences of events, rather than the events themselves | MIDDLE | Feelings are used not as reactions to events but to express the self. Characterized by richness of feelings | Feeling-centered |
| 5 | Purposeful exploration of the speaker's feelings and experiences | HIGH | Feelings are used as referents for self-exploration, or as a hypothesis for understanding the self | Creative |
| 6 | A synthesis of accessible, newly recognized, or more fully realized feelings and experiences to produce personally meaningful structures or to resolve issues | | | |
| 7 | Expanding awareness of immediately present feelings and internal processes. Speaker can move from one inner reference to another, altering and modifying concepts of self or feelings | | | |

Note: This table shows the author's summary and translations of the EXP Scales. Klein *et al.*'s 1969 version is a relatively early version of the EXP Scale. Later versions, notably the 1970 and 1986 versions, exist, but the 1969 version is chosen here for relatively easy comparison with Miyake *et al.*'s scale.