

TABLE 4.5 Desired Changes in Psychological Well-Being (Ryff, 1989) for Clients Participating in Well-Being Therapy (Ruini and Fava, 2004).

Psychological well-being dimensions	Impaired level functioning	Optimal level functioning
Environmental mastery	The client has or feels difficulties in managing everyday affairs; feels unable to change or improve surrounding context; is unaware of surrounding opportunities; lacks sense of control over external world.	The client has a sense of mastery and competence in managing the environment; controls external activities; makes effective use of surrounding opportunities; is able to create or choose contexts suitable to personal needs and values.
Personal growth	The client has a sense of personal stagnation; lacks a sense of improvement or expansion over time; feels bored and uninterested with life; feels unable to develop new attitudes or behaviors.	The client has a feeling of continued development; sees self as growing and expanding; is open to new experiences; has a sense of realizing own potential; sees improvement in self and behavior over time.
Purpose in life	The client lacks a sense of meaning in life; has few goals or aims, lacks a sense of direction, does not see purpose in past life; has no outlooks or beliefs that give life meaning.	The client has goals in life and a sense of directedness; feels there is meaning to present and past life; holds beliefs that give life purpose; has aims and objectives for living.
Autonomy	The client is overconcerned with the expectations and evaluations of others; relies on judgment of others to make important decisions; conforms to social pressures to think or act in certain ways.	The client is self-determining and independent; able to resist social pressures; regulates behavior from within; evaluates self by personal standards.
Self-acceptance	The client feels dissatisfied with self; is disappointed with what has occurred in past life; is troubled about certain personal qualities; wishes to be different from what he or she is.	The client has a positive attitude toward the self; accepts his or her good and bad qualities; feels positive about his or her past life.
Positive relations with others	The client has few close, trusting relationships with others; finds it difficult to be open and is isolated and frustrated in interpersonal relationships; is not willing to make compromises to sustain important ties with others.	The client has warm and trusting relationships with others; is concerned about the welfare of others; is capable of strong empathy, affection, and intimacy; understands the give and take of human relationships.