**Beliefs about the self, world, others, predictions and assumptions**

**Coping Mechanisms**

**Past experience (temperament, values, events)**

**Main Problem and how this Impacts me now**

**Problem:**

**Trigger:**

**Physical:**

**Thoughts:**

**Emotions:**

**Behaviours:**

**Impact:**

**In light of this, what do I understand about how my current problems developed?**

**As a result of this, what impact does this have on my life?**

**What would I like to change about my current problem?**