

Five Areas Formulation

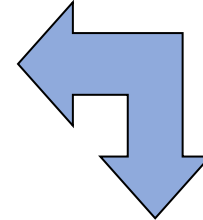
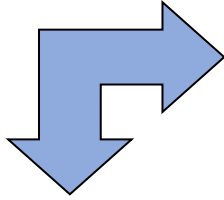


Situation

Where? When? Who? What happened? How?

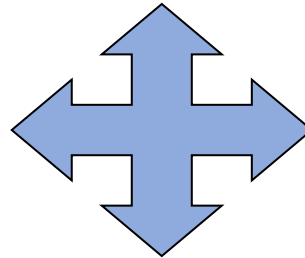
Thoughts & Images (Automatic Thoughts)

What went through my mind at the time? What is the worst I thought could happen? How much did I believe that at the time from 0-100%?
What does this situation mean about me/the world/other people?



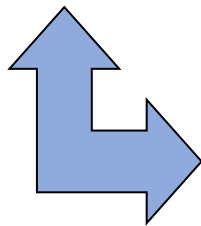
Physical Sensations/Bodily Changes

What did I notice change in my body? Where did I notice this?



Emotions/Mood

What emotion did I feel at the time? How intense was that feeling from 0-100%?



Behaviours/Safety Behaviours

What did I do or not do? What helped me cope and get through this?
What automatic reactions did I have? What would other people have seen me doing?

