

The Past: Significant Events & Background Information	
The Present	The Future
BELIEFS	
Existing unhelpful beliefs (e.g. about self, others, the world, the future)	Existing helpful beliefs Future beliefs: what I'll believe when I've reached my goal
CURRENT PROBLEMS	GOALS
	Overall Therapy Goal Building on existing <u>Strengths & Resources</u>
What keeps the problem going?	What will help me reach my goal?
Unhelpful behaviours that keep me where I am now e.g. unhealthy coping strategies, safety behaviours, avoidance: What I need to do less of or stop	Activities and strategies that help make a positive difference: What I need to do more of or start