

Protective

Relevant Childhood Data / Vulnerability (Predisposing)

Precipitating / Triggers

Core Beliefs

Bad
Not good enough
Unacceptable
Worthless
Unlovable
Unimportant
Inferior
Stupid

Old Rules For Living (If... Then... Perpetuating)

Presenting Problem / Effects Of These Old Rules

Are these working for you?

New Rules For Living

Has there been any time when it wasn't as bad as you expected?
What had you done differently?

