

Worksheet Case Formulation CFT

Key Historical Influences What key historical experiences that influenced you?	Key Fears/Threats What key fears follows from those key historical experiences?	Protective/Defensive Strategies Because of those fears what are the protective strategies that you have developed?	Unintended Consequences Have the strategies led to unintended or unforeseen unwanted consequences?
Difficult Emotional or Shame Memories View Self as: View Others as:	External: Internal:	External: Internal:	External: Internal: Self-to-Self Relating: Emotions and Feelings:

This worksheet is presented by Marie Bloomfield www.bloomfieldpsychology.com.au

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