

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