Worksheet CFT Life Plan

Helpful Influences/strengths Key supportive/helpful experiences and people that had positive influences in the past and/or recently	**Compassionate/helpful understanding** of current problems, triggers, fears/threat (reframing, reassuring statements, common humanity)	**Goals** Realistic focus/goals to ease fears and to meet core values:	**Helpful Adaptive Strategies** Helpful strategies to ease fears and to meet core goals/values:
Positive/helpful/supportive past experiences and people **Helpful View of Self as:** **Personal Strengths/Successes:** **Helpful View of Others as:**	**External:** **Internal:**	**External:** **Internal:** **Self-to-self relating:** **Emotions and Feelings**	**External:** **Internal:**

This worksheet is a built on the modified Compassion-Focused Therapy Case Formulations presented by Paul Gilbert and others
Marie Bloomfield www.bloomfieldpsychology.com.au or www.mindfulpath.com.au
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