Worksheet CFT Case Formulation

Key Historical Influences What key historical experiences influenced you?	**Key Fears/Threats** What key fears follows from those 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 or www.mindfulpath.com.au

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