Worksheet CFT Case Formulation

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

This worksheet is a modification of CFT Case Formulations initially presented by Paul Gilbert.

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