

Worksheet 4.5: My Formulation

Key Historical Influences (What key historical experiences have influenced you?)	Key Fears/Threats (Given historical experiences, what key fears have you been left with?)	Protective/Safety Strategies (Given key fears, what safety strategies have you developed to protect yourself?)	Unintended Consequences (Have your safety strategies led to any unintended or unforeseen consequences?)
	<p>External</p> <p>Internal</p>	<p>External</p> <p>Internal</p>	<p>External</p> <p>Internal</p> <p>↓</p> <p>Self-to-self relating</p> <p>↓</p> <p>Mood</p> 