

My formulation

Background	Fears		Safety strategies	Unintended consequences
(Key events in your life, particularly relationships)	(What fears or worries your experiences gave you about others (external fears) or yourself (internal fears))		(Conscious or unconscious ways of making sure these fears didn't happen again)	(The downsides of these safety strategies)
	External fears (Others are . . .)	Internal fears (I am . . .)		

				<p>Self-to-self relating (How I feel about myself when these unintended consequences happen – these often leave me feeling the very thing I fear, which then sets off my safety strategies and then the unintended consequences get caught in a loop)</p>