

UNDERSTANDING YOUR PERSONAL DPAFU PATTERN

2. Potential precipitating factors

Below is a list of events that might have happened in the period (days, weeks or months) leading up to your DPAFU starting. Have a look at the checklist and tick any that apply to you.

Potential precipitating factors	Applies to me?
Family arguments	
Difficult relationships with parents	
Difficult relationships with siblings	
Parental separation/divorce	
Bereavement	
Adult trauma	
Adult physical assault	
Adult sexual abuse	
Parental mental health problems, please specify.....	
Parental substance or alcohol misuse	
Study or work stress	
Bullying at work	
Adult shyness/lack of confidence	
Anxiety problems, please specify.....	

OC DEPERSONALISATION AND FEELINGS OF UNREALITY

Panic attack	
Depression or low mood	
Other adult mental health problem, please specify.....	
Adult physical health problems, please specify.....	
Parental physical health problems, please specify.....	
Adult drug or alcohol use	
Financial stress	
Problems in relationships with romantic partners	
Separation or divorce	
Losing your home	
Unemployment	
Other problems not listed above (please specify):	

Reviewing your predisposing and precipitating factors

What did you learn from doing this exercise? Were you able to identify factors that may have contributed in the long or short term to your DPAFU starting? Have you had to deal