

## Creating your personal DPAFU 5Ps pattern

It will be helpful for you to create your own 5 Ps model. In this section, we will look at each of the Ps in turn and provide a checklist to help you to identify what might fit with your own history and current problems. We'll start with the Ps from the past (predisposing and precipitating) and then move on to the current Ps (present problems, perpetuating and protective). Hopefully, the checklists will help you to identify what may have happened to you. We can only include here some of the more common factors, so we've left space for you to add your own in case they are not already on the list.

### *1. Potential predisposing factors*

These are things that might have affected your likelihood of developing DPAFU from your earliest days. Have a look at the checklist and tick any that apply to you.

<b>Potential predisposing factors</b>	<b>Applies to me?</b>
Difficult family environment growing up	
Criticism or hostility from a parent or caregiver	
Emotional coldness, indifference or rejection from a parent or caregiver	
Family arguments	
Difficult relationships with siblings	
Parental separation/divorce	

OC DEPERSONALISATION AND FEELINGS OF UNREALITY

Childhood bereavements	
Childhood trauma	
Childhood physical abuse	
Childhood sexual abuse	
Childhood neglect (e.g. not having sufficient food or clean clothes)	
Parental mental health problems, please specify.....	
Parental substance or alcohol misuse	
Bullying within the family or at school	
Feeling an outsider at school	
Childhood shyness/lack of confidence	
Childhood mental health problems (e.g. anxiety or low mood), please specify.....	
Childhood physical health problems, please specify.....	
Parental physical health problems, please specify.....	
Childhood/adolescent drug or alcohol use	
Study or work stress	
Financial stress	
Problems in relationships with boyfriends/girlfriends	
Other problems not listed above (please specify):	