

OC DEPERSONALISATION AND FEELINGS OF UNREALITY

Present Problems	Applies to me?
Family arguments	
Difficult relationships with parents	
Difficult relationships with siblings	
Bereavement	
Adult trauma	
Adult physical assault	
Adult sexual abuse	
Caring for family members	
Study or work stress	
Bullying at work	
Adult shyness/lack of confidence	
Difficulties in social situations	
Anxiety problems, please specify.....	
Panic attacks	
Depression or low mood	
Other adult mental health problem, please specify.....	
Physical health problems	
Illicit drug use	
Alcohol use	

UNDERSTANDING YOUR PERSONAL DPAFU PATTERN

Financial stress	
Problems in relationships with romantic partners	
Separation or divorce	
Losing your home	
Unemployment	
Other problems not listed above (please specify):	

4. Perpetuating factors

In this section, we're going to look at some things that may be keeping your DPAFU going so that we can use CBT to help us change some of these. It helps to separate these into different categories similar to those described at the end of Part 1, in the Five Systems Model of Greenberger and Padesky. The reason for separating these out is that we deal with each of these in a different way, which will be covered in later sections. The five categories of potential perpetuating factors are:

Thought content (including images)

Most people with DPAFU will have negative thoughts about their symptoms. Although this is completely understandable, these thoughts and images are likely to make you