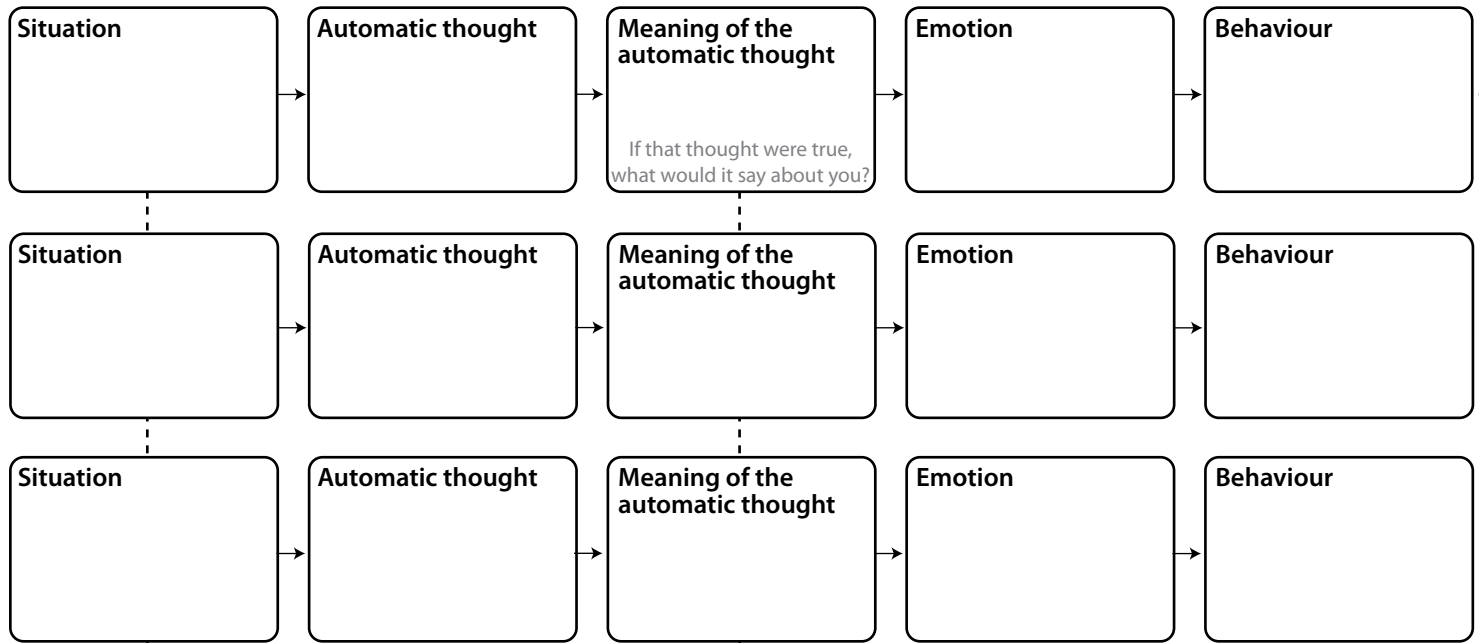


Cognitive Case Formulation



Patterns suggest hypotheses regarding

<p>Triggers</p> <p>What kinds of situation are likely to activate these core beliefs?</p>	<p>Core Beliefs</p> <p>What core beliefs emerge from thought records? What core beliefs are suggested by early or significant life experiences?</p>	<p>Early experiences</p> <p>What significant life experiences are likely to have influenced core beliefs?</p>
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Conditional assumptions

What rules or assumptions help this individual to cope with their core beliefs?

Coping strategies

What does this individual do to cope with their beliefs?
What are the *intended* and *unintended* consequences of their coping strategies?
What coping strategies are *well* or *poorly* developed?