

Longitudinal Formulation

Early Experiences

Core Beliefs

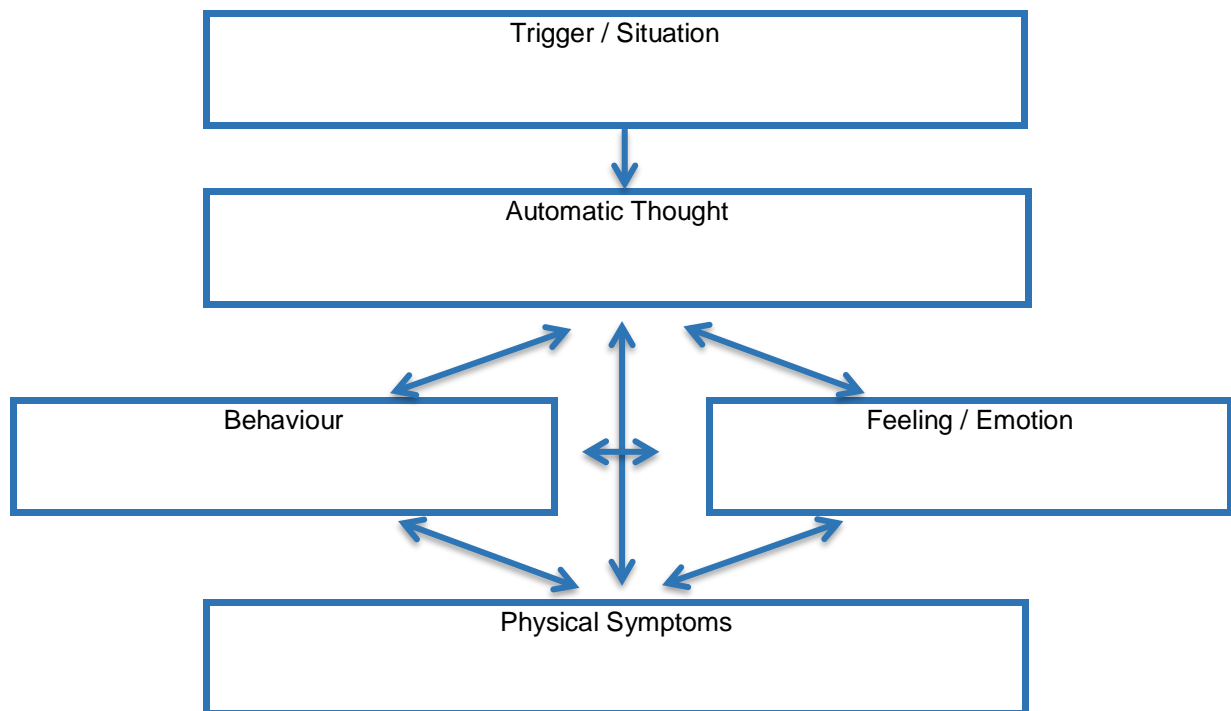
Bad
Not good enough
Unacceptable
Worthless
Unlovable
Unimportant
Inferior
Stupid

Rules / Assumptions

Demands, musts / shoulds, absolutes, "if-thens",

Precipitating / Environmental Factors

Precursors, circumstances, conditions, vulnerabilities, pressures, antecedents.



New Rules for Living:

New Behavioural Strategies:

Helpful Changes to my Environment or Situation: