What made me vulnerable in the first place		
Core Beliefs – about myself, others and the world		
Helpful	Rules I live by	Unhelpful
Current Problem		
What triggered the problem		
Helpful	What helps me cope	Unhelpful
What maintains the problem now <u>Thoughts</u>		
Physical sensation	ons .	<u>Emotions</u>
	<u>Behaviours</u>	