

# My Collaborative Formulation (How the problem developed)

Problems processing information about others

Problems processing information about self

Problems processing non-social information

Early Experiences  
(What made me vulnerable in the first place)

Core beliefs/ Schemas

Assumptions/ Rules for living

The problem  
(Include presenting features, social skills problems and self-management problems)

What maintains the current problem?

Triggers

Thoughts

Physiology

Emotions

Behaviours

Protective Factors  
(Positive things that I have going for me)