Therapy Blueprint

1. How did your problem develop?

2. What kept the problems going?
   - Beliefs
   - Rituals
   - Safety behaviours inc. avoidance
   - Misinterpretations
   - Mood
   - Low self esteem

3. What were the most important things you learned in therapy?
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4. What were your most unhelpful thoughts / beliefs?
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5. What are the alternatives to these?
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6. How will you continue to build on what you have learned?
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7. What are your goals for one year’s time?
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