



Understanding Your Situation & Making Plans

Although CBT focuses on the here and now it can be important to understand your situation better. This will help you to make plans for working towards goal.

Past: What has happened to me?
What I have been through?

Trigger: What sets it off? When do things become difficult?



Current issue: What is going on in my life right now? What is the main problem or concern?

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Perpetuating: What might be keeping the problem going?



Positives: What helps me get through? What is going well at the moment?



My Goal:



Plans:

First step: