		,
Clinician ID (4-digits)	Check One when retaining on file:	Who wrote on this worksheet?
Participant ID (3-digits)	Completed in session	Clinician
Session #	Practice assignment, reviewed in session	ParticipantClinician and participant together
Session #	Practice assignment, not reviewed	Clinician and participant together
Case Formulation		
	Precipitating Events/Triggers	
	Early Experiences	
	, ,	
	Core Beliefs	
	Old Rules for Living	(If,
		(II, Then,)
	Presenting Problems/Effects of These old Rules	Are these
	resenting robbenis, Eneces or mese our rules	rules
		working for you?
Situation		Situation
<u>-</u>		
Automatic Thought		Automatic Thought
_		
•		
Emotion	Behavior Emotion	Behavior
		Benavior
←		
←		
Bodily Sensations		Bodily Sensations