
Patient

Core formulations (in terms of affect phobia)

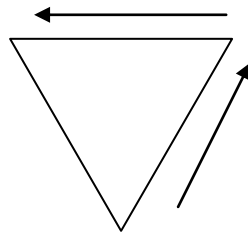
DEFENSE

...and this is what I do/feel/think to avoid that:

1.

2.

3.



**ANXIETY/FEAR/
SHAME/DISGUST**
...but I am so afraid
this will happen...

1.

2.

3.

**WISH/WANT/
FEEL/NEED**

This is what I wish/want/
feel/need...

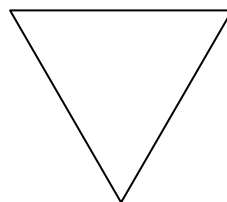
1.

2.

3.

THERAPIST

**CURRENT
PERSONS**



PAST PERSONS

Rate each wish/want/feeling/need (F - Adaptive feeling) and each fear (A - Inhibitory – maladaptive affects) according to the following scale

0 =**No** experience of the wish/want/feeling/need

1-3 =**Low**: unclear or few experiences of the wish/want/feeling/need

4-6 =**Medium** experience of the wish/want/feeling /need

7-10 =**High**: Intensive or many experience of the wish/want/feeling/need

0 =**No** experience of anxiety

1-3=**Low**: unclear or few experiences of anxiety

4-6=**Medium** experience of anxiety

7-10=**High**: Intensive or many experiences of anxiety

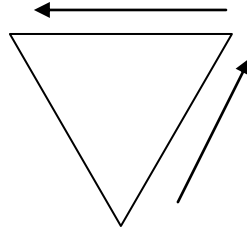
F 1 _____	A 1 _____
F 2 _____	A 2 _____
F 3 _____	A 3 _____

Session nr _____

Describe what during today's session that has been the most important to you on each of the corners of the triangle

... and this is what
I do/feel/think to
avoid that:

1.
2.
3.



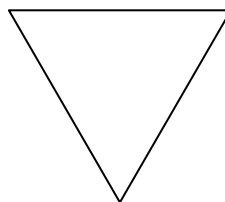
This is what I
wish/want/
feel/need...

1.
2.
3.

...but I am so afraid
this will happen...

1.
2.
3.

Therapist



Current Persons

Past Persons

Rate each wish/want/feeling/need (F - Adaptive feeling) and each fear (A - Inhibitory – maladaptive affects) according to the following scale (if you are not sure, choose what you think fits best):

0 =**No** experience of the wish/want/feeling/need

1-3 =**Low**: unclear or few experiences of the wish/want/feeling/need

4-6 =**Medium** experience of the wish/want/feeling /need

7-10 =**High**: Intensive or many experience of the wish/want/feeling/need

0 =**No** experience of anxiety

1-3=**Low**: unclear or few experiences of anxiety

4-6=**Medium** experience of anxiety

7-10=**High**: Intensive or many experiences of anxiety

F 1 _____	A 1 _____
F 2 _____	A 2 _____
F 3 _____	A 3 _____