



The Two Triangle Form (To be used inside or outside of therapy)

What problems do you want to resolve?

1. _____
2. _____
3. _____

Can you give an example of the problems you want to resolve?

1. _____
2. _____
3. _____

What emotional conflicts (affect phobias) contribute to your problems (i.e. closeness, anger, rage, sadness, grief, positive feelings of the self and or other, joy, etc..)?

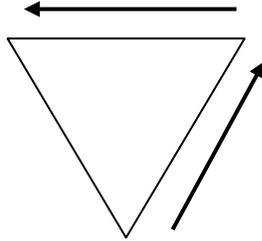
1. _____
2. _____
3. _____

Core Conflict Formulation: What is your hypothesis about your emotional conflict? Where does it come from? How is it playing out in your life? What feelings are you avoiding? How are you avoiding your feelings? Why are you avoiding your feelings? With whom did your emotional conflict originate? With whom is it maintained? With whom is it challenged or resolved?

TRIANGLE OF CONFLICT

Defenses:
Maladaptive affects, thoughts and behaviors

How are you avoiding your feelings? Is it helpful or hurtful?



Anxieties
(i.e. shame, guilt, disgust):
Inhibitory affects, thoughts and behaviors

Pay attention to any affect, thought or behavior that causes you to pull back from your adaptive feelings.

Be curious about why you are pulling back from your feelings.

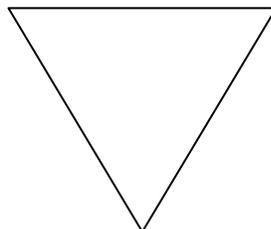
Ask yourself how much anxiety you are experiencing (low, medium, or high)?

Feelings:
(i.e. closeness, anger, sadness)
Adaptive affects, thoughts and behaviors

What feelings are you avoiding?
What feelings do you need to experience and express? What feelings would be constructive?
What do you need?

TRIANGLE OF PERSON

**THERAPEUTIC
PEOPLE**



**CURRENT
PEOPLE**

PAST PEOPLE

REFLECTION: How are you working to resolve your emotional conflicts today? Are you experiencing more of your feelings? If not, what is getting in your way? Do you need more support or guidance? What can you do to help yourself? How compassionate are you being with yourself? Could you feel more?