

# Extended Case Formulation CBT Worksheet

Patient's full name: \_\_\_\_\_ Date: \_\_\_\_\_

Therapist's full name: \_\_\_\_\_

**Instructions:** This is for therapists only. Please create three copies of this worksheet. You should have at least three copies to identify at least three problems your patient is dealing with. That's enough to help you notice recurring patterns (good and bad) regarding how they think and act in response to specific problems.

## Part A

- First, you must identify a problem that your patient is dealing with or deals with every now and then.
- Next, you must identify the automatic thoughts that pop up in their mind. These thoughts are how they interpret the problem they're dealing with or the situation they find themselves in, not the problem or situation itself.
- After that, you must identify what these automatic thoughts mean as well as the emotions and physical sensations that the patient feels in relation to these thoughts.
- Last, you must indicate what behavior(s) the patient exhibited as a response to their emotions and physical sensations.

**"The Problem"**

**Early Experiences**

**Core Belief(s)**

**Conditional assumptions/rules/attitudes**

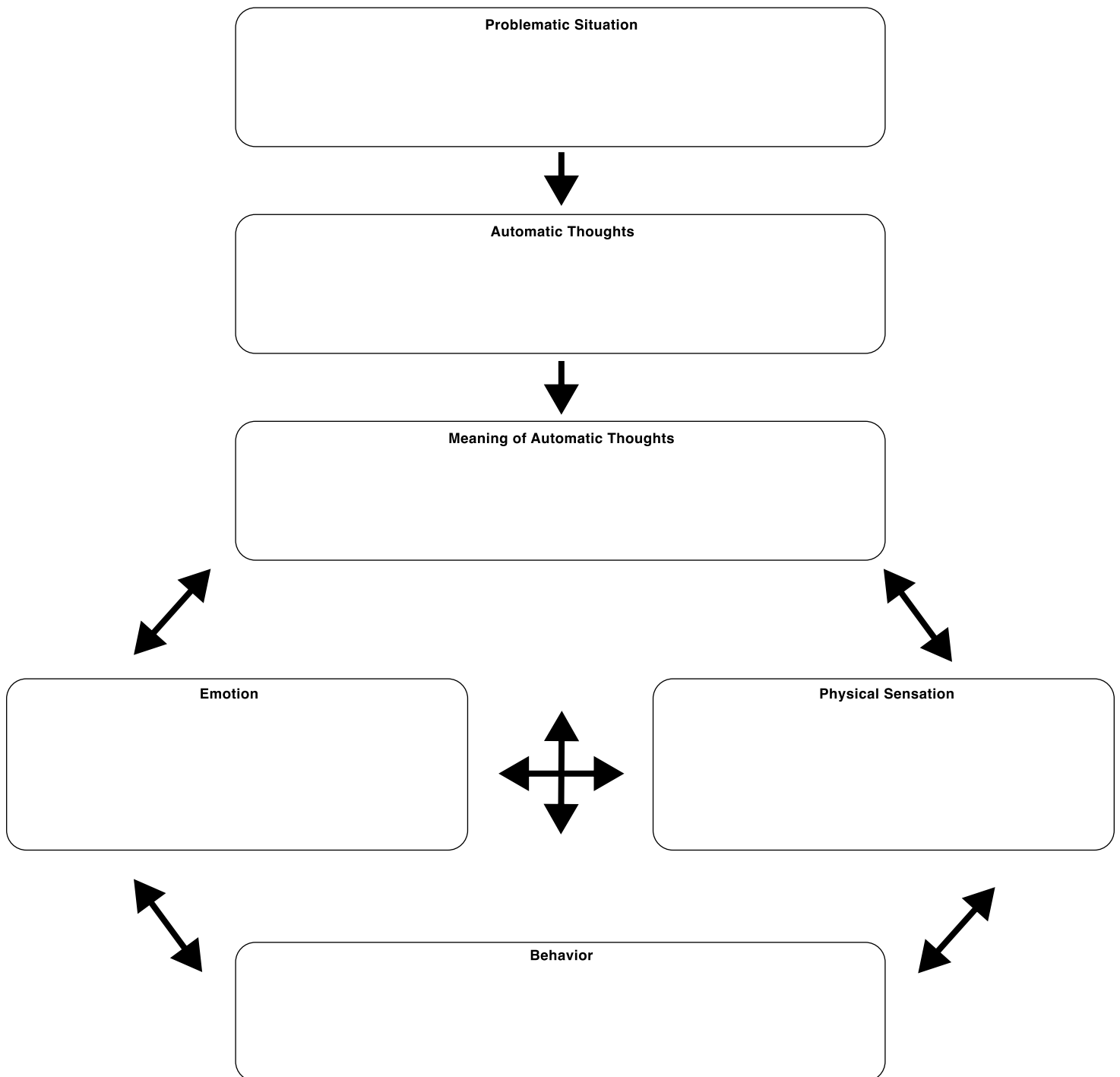
**Maladaptive coping strategies**

**Positives**

Adapted from the original Extended Case Formulation CBT Worksheet by Positive Psychology.

## Part B

- Like with Part A, you must indicate the problem or situation that your patient is dealing with.
- Next, you must list down the past experiences that contributed to the rise of the problem being discussed, plus, the factors that perpetuate the problem.
- After that, you must identify the patient's core beliefs. In the context of this worksheet, these beliefs are what they believe about themselves in relation to the problem being discussed.
- Then, you must specify the assumptions that they have, rules (e.g., If I don't do this right, then I'm a failure; if I can't accomplish this, I'm weak), and attitudes that help them cope with their core beliefs and the problem being discussed. List all of them, whether they are positive or negative.
- After identifying those, you must specify the maladaptive coping strategies your patient has.
- And last, identify the positive things that the patient can focus on to cope healthily.



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### Additional Comments

**Instructions:** Please write down any notes that you might have that are related to what you've written earlier and your patient. You may write down your interpretations of their answers and any decisions you have in mind for your patient.