



Multidimensional Survey of a Current Problem

Name: _____

Date: _____

Presenting Problem: _____
(e.g., anxiety, depression, intimacy, substance use, trauma, anger)

Thoughts, Feelings, & Actions

Psychological problems involve an interaction between thoughts, feelings, and actions.

Please use these three circles to write down these aspects of a pattern:

1. Thoughts

2. Feelings

3. Actions

Firing Order: How do these dimensions relate to one another? Does one part of the pattern trigger another? You can draw arrows to indicate relationships between elements.

Source

How did this maladaptive pattern develop? Where did you learn this unhealthy way of being?

External Influences

Has this maladaptive pattern been shaped by external influences?

- **Development across Life Experiences (including trauma)**
- **Interpersonal Patterns that occur in Close Relationships**
- **Family of Origin or Other Social Systems**
- **Cultural Contexts**

Internal Influences

Does this unhealthy pattern interact with internal influences?

- **Intrapsychic Defense Mechanisms** – How do you protect yourself from anxiety related to these issues?
- **Biology & Physical Health** – How does this issue interact with your biological health?

Describing a More Adaptive Pattern

After exploring a maladaptive pattern, it is helpful to describe a healthier, more adaptive way of being. Describing a new pattern is part of the ongoing process of change and growth.

Functional Thoughts:

Adaptive Feelings:

Effective Actions:

Enacting this Adaptive Pattern

Describing a new pattern is not the *end* of the process but is an important *step* toward change and growth. Now that you have identified more helpful ways of thinking, feeling, and acting, it's important to identify ways to enact this pattern over time. What can you do...

This Week:

This Month:

Long-Term: