

Problem Discovery

The Five Ps Case Formulation

Helping me make sense of a current difficulty

Presenting Problem: the feelings, thoughts and behaviours that are causing me concern:



Predisposing Factors:

Factors that predisposed me or made me vulnerable to the problem:

Precipitating Factors:

Current triggers that contribute to the problem:

Perpetuating Factors: Things that are keeping the problem going:

Protective Factors: The good things in my life that are a source of strength:

