

# Assessment and formulation for

## Predisposing factors 🕒

What happened to me in the past?

## Precipitating factors 🍷

What happened to me recently?



## Presenting problems 😞

What is hard for me these days?



## Perpetuating factors 🔄

What is keeping things “stuck”?



## Protective factors 🛡️

What / who can I rely on, what is helpful?

