## Logo  Description automatically generated with low confidenceBASIC Assessment Form

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| **Specific Trigger Situation (What/Where/When/Who?):**(“If possible, describe *in detail* a specific, *concrete* situation in the near future where you anticipate experiencing problems.”) |
| **BASIC** | **Old Negative (Presenting Problem)** | **New Positive (Therapy Goals)** |
| **Behavioural****(Saying & Doing)**E.g., external action, body language, inaction, speech, avoidance, etc. |  |  |
| **Affective****(Feeling)**E.g., mood, emotions, feelings, associated bodily sensations, etc. |  |  |
| **Somatic****(Physical health)**E.g., physical health, physiology, nutrition, medication, drugs, exercise, etc. |   |  |
| **Inter-personal****(Relationships)**E.g., work, relationships, group dynamics, peer groups, personal relationships, etc. |  |  |
| **Cognitive****(Beliefs)**E.g., beliefs, self-talk, auto-suggestion, attitudes, etc. |  |  |