

Name \_\_\_\_\_ Date \_\_\_\_\_

**Presenting issue:** What's the problem? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_**Predisposing factors:** What events or background create a vulnerability to the problem? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_**Triggers:** What situations or experiences come before the problem or set it off? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_**Maintaining factors:** What is done or avoided in response to the problem that keeps it going?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_**Strengths and protective factors:** What gives the ability to overcome or compensate for the problem?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_**Preventative strategies:** What can be done to prevent the problem happening? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_**Strategies for the heat of the moment:** What can be done at the time of the problem to lessen its impact?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_