


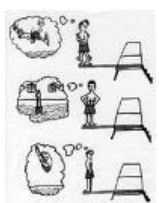





Multimodal Treatment Plan

Modality	Problem	Plan
<p>Behaviour Actions, coping strategies, reactions, what I do, what I avoid doing</p> 		<p><i>Do less of, or stop:</i></p> <p><i>Do more of, or start:</i></p>
<p>Affect / Emotions What I feel emotionally E.g. depressed, angry, anxious, stressed, sad. What makes me feel this way?</p> 		<p><i>Do less of, or stop:</i></p> <p><i>Do more of, or start:</i></p>
<p>Sensation See, hear, taste, smell, touch, pain, tension, sexuality</p> 		<p><i>Do less of, or stop:</i></p> <p><i>Do more of, or start:</i></p>
<p>Imagery Thinking in pictures, self image, fantasies</p> 		<p><i>Do less of, or stop:</i></p> <p><i>Do more of, or start:</i></p>
<p>Cognition Thoughts, attitudes, beliefs, values, opinions, thinking styles</p> 		<p><i>Do less of, or stop:</i></p> <p><i>Do more of, or start:</i></p>
<p>Interpersonal Communicating and being with others, Relationships</p> 		<p><i>Do less of, or stop:</i></p> <p><i>Do more of, or start:</i></p>
<p>Drugs / Biology Physical exercise, health, diet, sexual health, alcohol, weight, smoking, caffeine etc</p> 		<p><i>Do less of, or stop:</i></p> <p><i>Do more of, or start:</i></p>