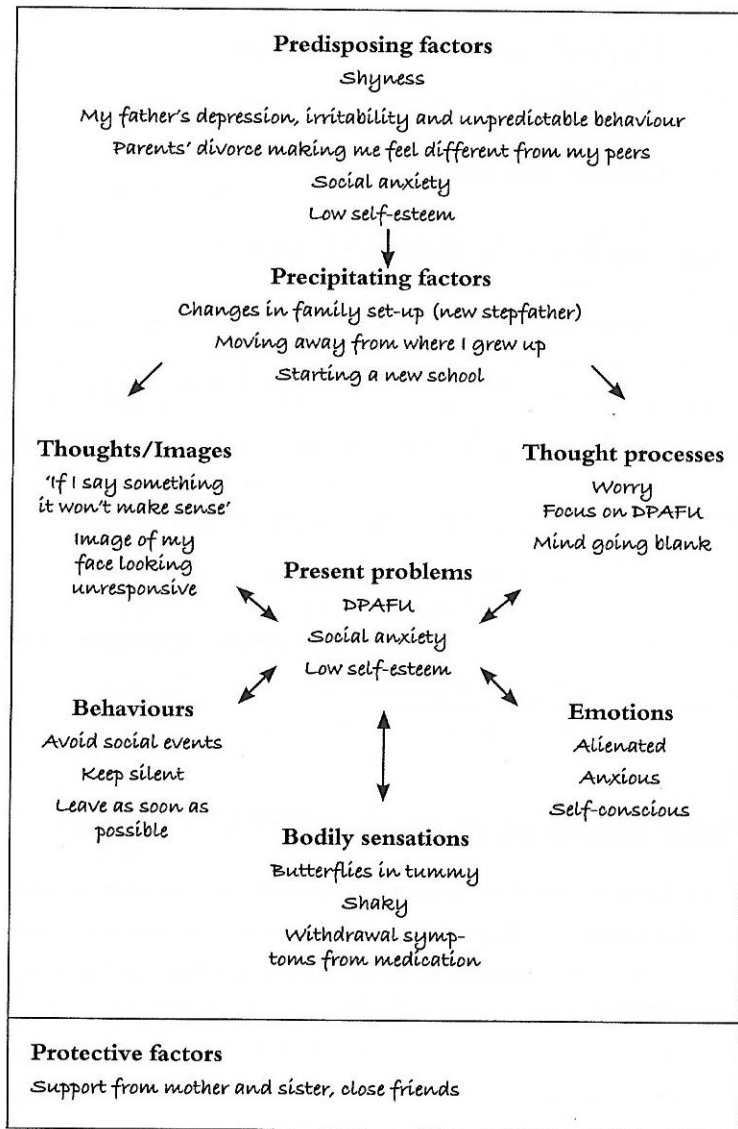


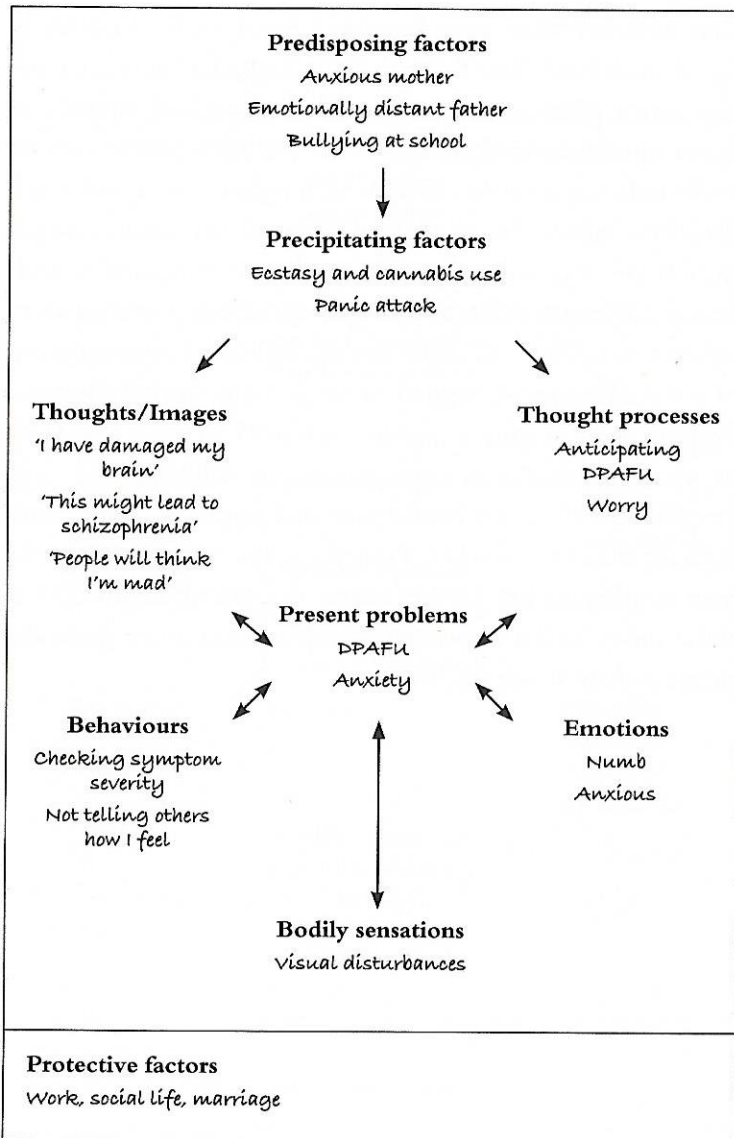
Anna's Personal DPAFU Pattern



Anna

Can you see what may have led Anna to be anxious in social situations? You'll see that for Anna her current worries about what others think of her make her anxious in social situations and increase her DPAFU. What would really help her is for her to approach rather than avoid social situations and to learn ways to manage her anxiety when she's there. For instance, she could then experiment with acting differently, such as trying to speak more and see how others react. This will allow her to test out if her predictions of not making sense happen or are just a worrying thought. Perhaps she can look at photos of herself in these situations to see if her face is as expressionless as it feels to her. She can then build up her confidence and gradually tackle more difficult situations for her. Hopefully, these strategies would help to prevent her DPAFU from increasing in severity at these times, and a boost to her self-esteem more generally might reduce it overall, too.

Michael's Personal DPAFU Pattern



Michael

For Michael, it would be helpful for him to understand how his drug-taking has not damaged his brain, to be reassured that DPAFU does not lead to schizophrenia and that others don't see him as mad. This will help reduce his worry, which is interacting to worsen his DPAFU. He can also learn that by anticipating the DPAFU, he is likely to make it more likely to happen because of his anxiety getting worse. Learning that he can manage despite having symptoms and how little people notice of his DPAFU would be useful to him. Grounding strategies to use at moments when he feels an increase of symptoms can help, too.