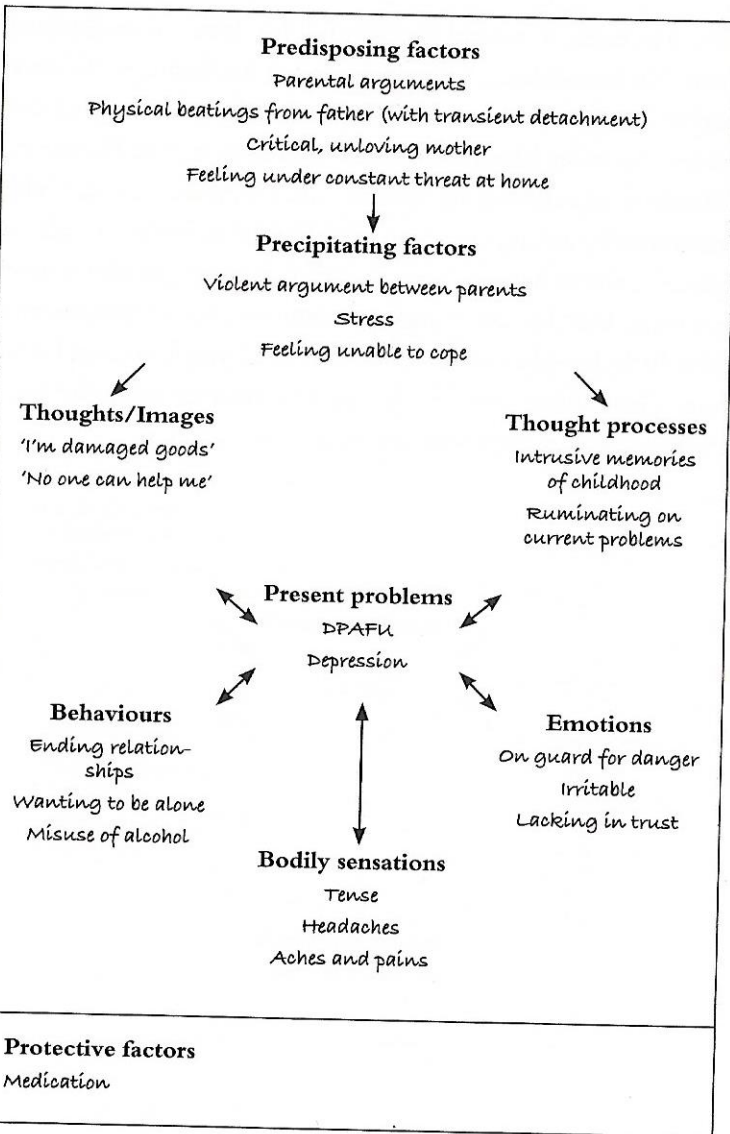


Patrick's Personal DPAFU Pattern



Patrick

Patrick's DPAFU started during the beatings he received and later became more constant. He doesn't trust other people and is on his guard for signs of danger. These factors are likely to be maintaining a sense of threat, which might be perpetuating the DPAFU. Helping him to see that what happened when he was a child is still currently having an impact on him in this way will allow him to make changes. There *was* danger for him in the past but this danger is not current. His rumination about the past and thoughts that nothing will help him are making him feel depressed. These thoughts can be challenged and more objective, helpful thoughts generated.

Mina's Personal DPAFU Pattern

Predisposing factors

Early responsibility at home
Strict parents
Lonely as a child
High parental expectations
Mother's illness and death



Precipitating factors

Nothing adverse identified
(Perhaps feeling under pressure to do well as adult?)



Thoughts/Images

'Others don't like me'
'I need to be perfect'
'I've gone mad'



Thought processes

Worry about the future



Present problems

DPAFU



Behaviours

Avoid social events
Pinching myself
Reassurance seeking

Emotions

Frustrated
Helpless

Bodily sensations

Not able to feel body weight
Hands appear distorted in size

Protective factors

Intelligent, good job, supportive husband, religious beliefs, artistic

Mina

Mina was initially puzzled as to why she developed DPAFU but, by mapping this out, she could start to see that her parents had high expectations for her, which she had internalised. When everything was going so well for her, there was underlying worry that things might go wrong and that she might fail and only have herself to blame. Learning to be more compassionate and accepting of herself would help her, as well as reducing some of her perfectionistic tendencies.