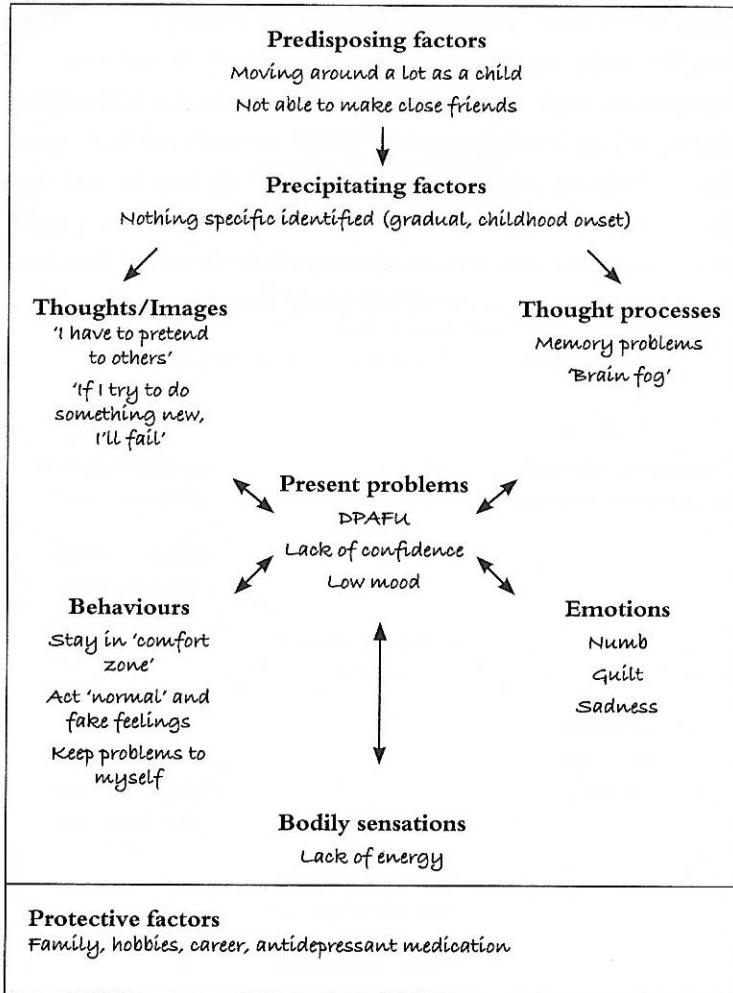


Alexi's Personal DPAFU Pattern



Alexi

Alexi could see that he had always been a detached observer of life, which seemed to stem from moving so much as a child where he learnt it was not worthwhile to invest too much as he would have to move on and leave it all behind anyway. Detachment was a way of protecting himself from continual loss. This had led to him leading a safe but dull life and not taking risks. Pretending everything was OK just intensified his sense of being fake and of unreality. He could make some changes to his life and take some calculated risks. He talked more openly to his wife about his problems. Rather than be upset with him, she was pleased that he had shared his feelings with her and felt more able to help him. She told him what a good husband and father he was and this alleviated his guilt and sadness. Together, they decided that he should do something workwise that he felt engaged with and he changed his job. He was more accepting that, for him, managing his DPAFU would be a slow process given that this was almost part of his personality.

TIP: If you have a lot of items in a particular category, you might want to prioritise which of these is the most important. By only adding the most relevant of these to the Personal DPAFU Pattern worksheet, you will be keeping the information as clear and as helpful as possible.

Once you've done this, spend some time reflecting on your pattern. Can you see what might have triggered your DPAFU? Were the triggers mainly external factors, internal factors or a mixture of both? Perhaps whereas previously you attributed it to one thing, you can now see that there were several things that accumulated? For those of you who had an adverse drug reaction, this exercise may have helped you see that there may have been other factors that

also contributed to the onset of your DPAFU. Perhaps you were going through a particularly difficult period of your life at that time and there was a combination of things that affected you?

What about the factors that might be contributing to the problem? Are there particular patterns here? Are there things that are both in the past and in the present? Anxiety is a common example of this in that it might be something you've had since childhood, something that was particularly bad when your DPAFU started and something that you still have now. If there are any things that come up repeatedly, then these factors will be important for you to change.

Having completed your Personal DPAFU Pattern, you can now move on to strategies and techniques to help each of these factors in the next sections.