

## My Personal DPAFU Pattern

### Predisposing factors

### Precipitating factors

### Thoughts/Images

### Thought processes

### Present problems

### Behaviours

### Emotions

### Bodily sensations

### Protective factors

## Creating your personal DPAFU 5Ps pattern

It will be helpful for you to create your own 5 Ps model. In this section, we will look at each of the Ps in turn and provide a checklist to help you to identify what might fit with your own history and current problems. We'll start with the Ps from the past (predisposing and precipitating) and then move on to the current Ps (present problems, perpetuating and protective). Hopefully, the checklists will help you to identify what may have happened to you. We can only include here some of the more common factors, so we've left space for you to add your own in case they are not already on the list.

### 1. Potential predisposing factors

These are things that might have affected your likelihood of developing DPAFU from your earliest days. Have a look at the checklist and tick any that apply to you.

Potential predisposing factors	Applies to me?
Difficult family environment growing up	
Criticism or hostility from a parent or caregiver	
Emotional coldness, indifference or rejection from a parent or caregiver	
Family arguments	
Difficult relationships with siblings	
Parental separation/divorce	

Childhood bereavements	
Childhood trauma	
Childhood physical abuse	
Childhood sexual abuse	
Childhood neglect (e.g. not having sufficient food or clean clothes)	
Parental mental health problems, please specify.....	
Parental substance or alcohol misuse	
Bullying within the family or at school	
Feeling an outsider at school	
Childhood shyness/lack of confidence	
Childhood mental health problems (e.g. anxiety or low mood), please specify.....	
Childhood physical health problems, please specify.....	
Parental physical health problems, please specify.....	
Childhood/adolescent drug or alcohol use	
Study or work stress	
Financial stress	
Problems in relationships with boyfriends/girlfriends	
Other problems not listed above (please specify):	

## 2. Potential precipitating factors

Below is a list of events that might have happened in the period (days, weeks or months) leading up to your DPAFU starting. Have a look at the checklist and tick any that apply to you.

Potential precipitating factors	Applies to me?
Family arguments	
Difficult relationships with parents	
Difficult relationships with siblings	
Parental separation/divorce	
Bereavement	
Adult trauma	
Adult physical assault	
Adult sexual abuse	
Parental mental health problems, please specify.....	
Parental substance or alcohol misuse	
Study or work stress	
Bullying at work	
Adult shyness/lack of confidence	
Anxiety problems, please specify.....	

Panic attack	
Depression or low mood	
Other adult mental health problem, please specify.....	
Adult physical health problems, please specify.....	
Parental physical health problems, please specify.....	
Adult drug or alcohol use	
Financial stress	
Problems in relationships with romantic partners	
Separation or divorce	
Losing your home	
Unemployment	
Other problems not listed above (please specify):	

## Reviewing your predisposing and precipitating factors

What did you learn from doing this exercise? Were you able to identify factors that may have contributed in the long or short term to your DPAFU starting? Have you had to deal

with adversity or trauma? Were there events that were outside your control that triggered feeling overwhelmed and trapped? Was there a sudden event that caused the DPAFU to start? For many people with DPAFU, this exercise is an eye-opener as they just hadn't realised what may have contributed to their DPAFU. Doing this can not only highlight the difficulties so you know what you may have to address but can also encourage you to feel some empathy and compassion for yourself, especially if you tend to blame yourself for your problems.

For people whose DPAFU started in adulthood, you are likely to have a list of predisposing *and* precipitating types of factors. You may have a long list that applies to you, or just a few significant factors. Did you find any factors that appeared in both lists? If so, these will be particularly important issues for you to address in the rest of the book.

For those of you whose DPAFU started in childhood or adolescence, the predisposing factors may also have been the precipitating triggers, too, in that your DPAFU started early on. If so, then just include the predisposing factors in the template.

## 3. Present problems

In this section, we're going to look at what problems you have currently. This will include your DPAFU, but are there other things to add to this list, too? Have a look at our checklist and tick any that apply to you.

Present Problems	Applies to me?
Family arguments	
Difficult relationships with parents	
Difficult relationships with siblings	
Bereavement	
Adult trauma	
Adult physical assault	
Adult sexual abuse	
Caring for family members	
Study or work stress	
Bullying at work	
Adult shyness/lack of confidence	
Difficulties in social situations	
Anxiety problems, please specify.....	
Panic attacks	
Depression or low mood	
Other adult mental health problem, please specify.....	
Physical health problems	
Illicit drug use	
Alcohol use	

Financial stress	
Problems in relationships with romantic partners	
Separation or divorce	
Losing your home	
Unemployment	
Other problems not listed above (please specify):	

#### 4. Perpetuating factors

In this section, we're going to look at some things that may be keeping your DPAFU going so that we can use CBT to help us change some of these. It helps to separate these into different categories similar to those described at the end of Part 1, in the Five Systems Model of Greenberger and Padesky. The reason for separating these out is that we deal with each of these in a different way, which will be covered in later sections. The five categories of potential perpetuating factors are:

##### Thought content (including images)

Most people with DPAFU will have negative thoughts about their symptoms. Although this is completely understandable, these thoughts and images are likely to make you

feel worse and it is useful therefore to identify your most habitual or upsetting ones and add them to your personal DPAFU pattern.

Typical examples of unhelpful thoughts about DPAFU include:

- 'I'm never going to get better . . .'
- 'This is getting worse . . .'
- 'My DPAFU affects my ability to function properly . . .'
- 'I've damaged my brain in some way . . .'
- 'People notice my DPAFU . . .'
- 'This might develop into schizophrenia . . .'
- 'I'm damaged . . .'
- 'I might disappear or get lost in another reality . . .'
- 'I'm useless . . .'
- 'No one can help me . . .'

You'll notice that all the examples given are in quotation marks. It's best if you can write down your thoughts in this way, just as they appear in your mind, as they will be more accurate and unedited. You may also have helpful thoughts, too. These are good and will make you feel better and we want to keep these! But we don't want to add these in the template as we are creating a list of your *difficulties* here and don't want to mix up the unhelpful and helpful because we only want to change the unhelpful thoughts.

The content of your thoughts might also include images, too. These might be visions of yourself being unable to

communicate, looking detached, losing your job, being a patient in a mental health ward, or some other distressing image.

List your most common unhelpful thoughts and images here:

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### Thought processes

This category is about the patterns of how your mind works, rather than the specific thought content and images as in the previous category.

Examples that might apply to you are things like:

- Difficulty processing information or 'brain fog'
- Memory problems
- Constantly monitoring the severity of your DPAFU
- Concentration difficulties
- Racing thoughts
- Difficulty focusing

- Going over and over things in your mind ('obsessing/ ruminating')
- Worrying about the future
- Getting caught up in philosophical thoughts about the meaning of existence that don't have answers
- Thinking about things from the past ('ruminating')
- Mind going blank

List your most common unhelpful thought processes here:

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### Unhelpful behaviours

This category of perpetuating factors describes how your problems affect you in terms of your activities or behavioural responses. Are there things that you do more or less because of your DPAFU and the problems you are encountering? Include only unhelpful patterns here.

Typical examples of unhelpful behaviours include:

- Avoiding situations (e.g. crowds, shops)
- Self-medicating with alcohol, drugs or food
- Internet searching for DPAFU 'cures'
- Self-harming
- Seeking reassurance
- Insomnia
- Pretending to be 'normal'
- Escaping situations where you feel worse
- Avoiding social situations
- Staying in bed/indoors
- Excessive distraction (e.g. TV/Internet surfing)

List your most common unhelpful behaviours here:

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### Distressing emotions

This category of perpetuating factors is for feelings and emotions. These are usually described in one word. You will already have DPAFU in your present problem category, so use this category to describe other emotions you might have.

Try to use words that describe specific emotions, such as in the list below, rather than generic words such as upset or distressed. Also try not to overload your list by using words that are synonyms of others and mean virtually the same thing. So instead of 'frightened, panicky, anxious, worried', which are all very similar to each other, see if you can choose just one that is the best way to describe how you feel.

Typical examples of emotions in those with DPAFU include:

- Anxious
- Overwhelmed
- Stressed
- Sad
- Hopeless
- Angry
- Guilty
- Despairing
- Helpless
- Frustrated

List your most common distressing emotions here:

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### Bodily sensations

These perpetuating factors describe the physical difficulties that affect your body that you might have associated with your DPAFU and other problems. We're particularly looking for things that will adversely affect your behaviour, emotions and thoughts.

Typical examples of bodily sensations include:

- Fatigue
- Tension
- Dizziness
- Numbness
- Palpitations
- Visual disturbances
- Shortness of breath
- Lethargy
- Agitation

List your most common bodily sensations here:

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### Protective factors

So far, your personal DPAFU pattern has only included things that are unhelpful, distressing or problematic to you. In this category, you can include things that help you to manage your DPAFU and make you feel better able to cope (even if only temporarily). You can include emotions, thoughts, situations, thought processes, behaviours and physical sensations in this section.

Typical examples of protective factors include:

- Support from friends and family
- Getting a good night's sleep
- Being absorbed in something interesting
- Reminding myself of the good things in life
- Exercise
- Listening to music
- Letting go of worries
- Spiritual beliefs or practices
- Having a relaxing bath
- Medication
- Reading recovery stories
- Eating well
- Talking to others

- Walking in the countryside/enjoying nature
- Pets
- Keeping optimistic about my future
- Keeping calm
- Mindfulness exercises
- Creative activities

List your protective and helpful factors here:

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### Case Examples of Personal DPAFU patterns

Let's look at worked examples of each of the case studies we discussed in Chapter 2 before you try to complete one for yourself. By summarising the key issues for each person, these DPAFU patterns can highlight what needs to change.

In the same way, your personal DPAFU pattern can help you to work out what needs to change to get better in your own life.