Case Formulation

What has happened in my life that made me vulnerable to developing a substance use problem?

Day to day what triggers me to use? Consider thoughts and emotions as well as people, places and things.

My substance use; typical day and what happens if I try to stop / cut-down?

What keeps the problem going in my current situation?

What strengths do I have that will help me change? Who can help me? Who would I like to be accountable to?

Case Formulation

Predisposing

Long-standing or past factors that underlie the problem substance use.

Precipitating

Triggers to substance use. Consider internal triggers ; thoughts, feelings and external triggers; people, places, things. It can help to anchor this discussion in a specific recent episode of use.

Problem

The current pattern of substance use, including attempts at control / abstinence.

Protective

Factors that can reduce substance use and resources to support change. Consider personal resources as well as social resources.

Perpetuating

Stable and current factors that maintain the substance use.