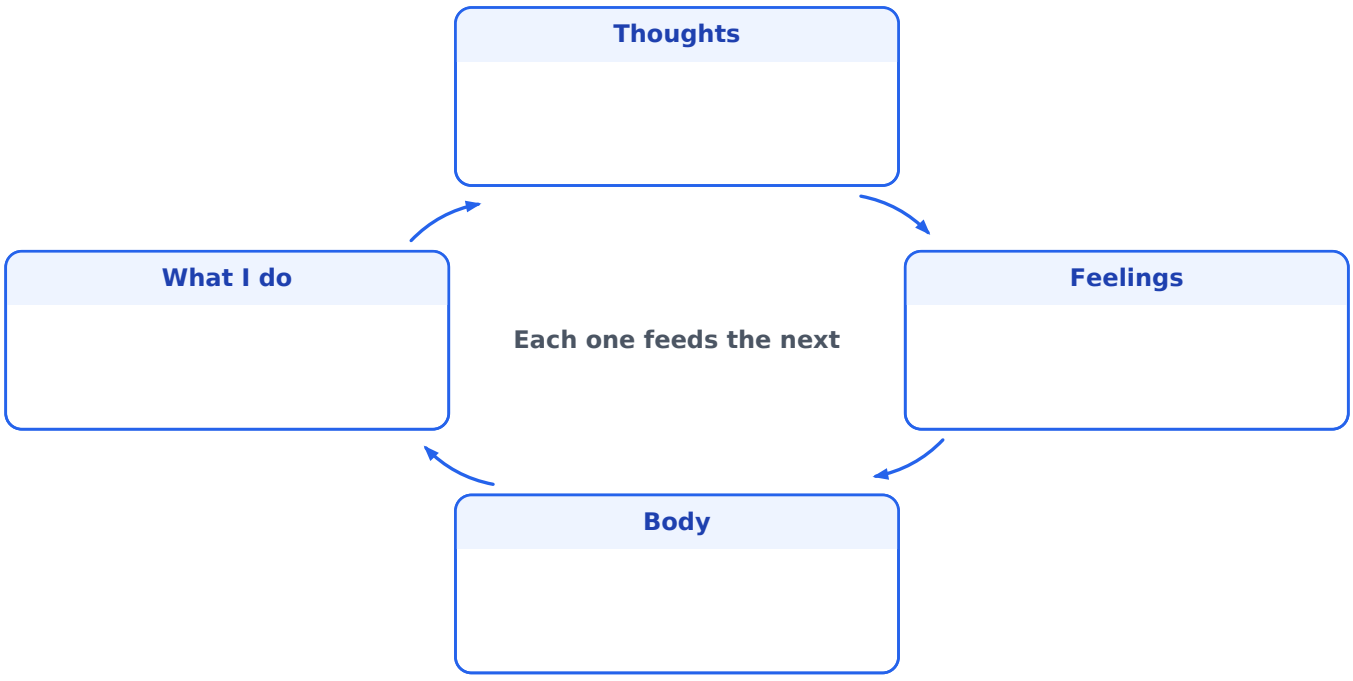
How my difficulties fit together

A map of where the problem came from and what keeps it going.

Name _____ Date _____

Early experiences	What happened that shaped how I see things?
Core beliefs	About myself, other people and the world
Rules I live by	If... then... I must... I should...
Triggers	What sets the problem off now?

When it is triggered, this is the cycle



What this map suggests we work on first

© 2026 Patrick O'Hare Therapy · patrickoharetherapy.com
This handout supports your therapy. It does not replace professional advice.