

Name: .....

Date: .....

# The '8Ps' Personal Formulation

To be completed collaboratively by professional and client,  
although professionals may wish to explore their own analysis before working jointly.

**The Problem(s):** Here write any problem, as simply as possible, e.g. "Drinking too much". Not what you see as the possible cause, e.g. "No friends" (that would go in the box below).

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**The Positive Path:** Here write the direction you would like to take - what changes you want in your life, how you would like life to be.

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**Predisposing, precipitating and perpetuating factors:** Especially any factors that are 'keeping the problem going'.

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**Positives:** What have you 'got going for you'? These might be other people, or assets in yourself (determination, optimism, imagination, good health, etc).

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**The Plan:** Here write your plan to resolve the problem(s) and make progress along the positive path. A good plan will have a minimum number of items, all of which are clearly relevant. A plan needs to be more than stating the end-point ("I'm going to sort the problems and move along the positive path) it needs to describe your actions necessary to achieve that end point, and how and when you are going to take them.

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