

## Worksheet 5.2: UP Case Conceptualization Worksheet

UP Case Formulation

Patient: \_\_\_\_\_

### PRESENTING PROBLEMS:

- Trouble finishing work assignments on time
- "Overthinking" interactions with coworkers
- Anxiety when presenting at meetings
- Unhappy with social circle

### STRONG UNCOMFORTABLE EMOTIONS:

- Anxiety about interactions, work
- Fear of embarrassment when presenting
- Sadness about lack of friends

### AVERSIVE REACTIONS:

- "Can't get anything done when I'm stressed at work"
- Fearful of blushing
- "It's stupid to feel bad because it's my fault I don't have friends"

### AVOIDANT COPING

*SITUATIONAL AVOIDANCE/ESCAPE:* Turn down opportunity to lead meeting, leave work events early, reluctant to reach out to old friends

*SUBTLE BEHAVIORAL AVOIDANCE:* Procrastinate on work assignments, poor eye contact when talking to coworkers, rush through presentations

*COGNITIVE AVOIDANCE:* Start watching TV when think about being lonely, take a nap avoid thinking about upcoming presentation

*SAFETY SIGNALS:* Only socializes with sister present

### TREATMENT PLAN: FOCUS / APPLICATION OF CORE MODULES

*MODULE 3:* Practice nonjudgment about having few friends, anchor in the present when worried about work at home

*MODULE 4:* Decatastrophize making a mistake at work, reframe likelihood of being rejected by old friends

*MODULE 5:* Practice alternative actions (e.g. talk slowly when presenting)

*MODULE 6:* Exposure to blushing (pinching cheeks, drinking hot beverage, wearing heavy coat) - later combine this with public speaking exposure

*MODULE 7:* Emotion exposure: Call old friend, give speech at work, start work assignment immediately