Intake structure

Presenting problem/goals

Antecedents of problematic event

Consequents of problematic event (avoidance/long term effects of avoidance)

History of problematic event

Resources/vulnerabilities (social support, exercise, diet, sleep schedule, medication)

Past/current strategies (successful/unsuccessful)

(?) Additional cultural/religious/other demographic factors to be aware of

Rating of own emotional intensity/frequency, negative reaction to negative emotions, and avoidance

(?) Beliefs about unpleasant emotions

(?) Beliefs about self/future/world

Explanation of treatment modules (understanding emotions, mindful emotion awareness, cognitive flexibility, countering emotional behaviours, understanding and confronting physical sensations, emotion exposures)

Motivation and engagement (self-efficacy, resistance to change, ambivalence, reasons not to engage)

Associated thoughts/behaviours/physical sensations

Solutions:

Thought/mood/sensation diary (objective)

Mindfulness

Sleep hygiene

Exercise

Exposure

Relaxation skills (deep breathing, progressive muscle relaxation)