DND Worksheet 1 – 5 systems formulation.
A “5 systems” formulation for the problem __________________________

**Environment**
Where, when and in what context does the problem arise? Any noticeable triggers?

**Thoughts**
What went through your mind at the time? What do your thoughts look like when this problem occurs?

**Emotions**
What did you feel? Emotions can usually be summed up in one word, e.g., sad, angry, scared.

**Behaviours**
What do you do when the problem occurs?

**Physiology**
What do you notice happening in your body? Does the problem affect your sleep, appetite or sex drive?

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