

Adjustment formulation sheet IMACC



PAST	SNAGS/STRENGTHS
<i>Important personal characteristics</i>	<i>How these characteristics get in the way now and how they help</i>

Critical Incidents – snags/strenghts <i>(iatrogenic issues/helpful prof. relationships)</i>
Taking Stock – snags/strenghts <i>(motivation)</i>
Learning New – snags/strenghts <i>(knowledge, skills and attitudes)</i>
Support – snags/strenghts <i>(family, friends, work, NHS, environment)</i>
Letting go – snags/strenghts <i>(losses past, present and future, unhelpful attitudes)</i>
Acceptance – snags/strenghts <i>(levels of acceptance, understanding of acceptance)</i>