

Multimodal Treatment Plan

Modality	Problem	Plan
Behaviour Actions, coping strategies, reactions, what I do, what I avoid doing		<i>Do less of, or stop:</i> <i>Do more of, or start:</i>
Affect / Emotions What I feel emotionally E.g. depressed, angry, anxious, stressed, sad What makes me feel this way?		<i>Do less of, or stop:</i> <i>Do more of, or start:</i>
Sensation See, hear, taste, smell, touch, pain, tension, sexuality		<i>Do less of, or stop:</i> <i>Do more of, or start:</i>
Imagery Thinking in pictures, visualisation, self image, fantasies		<i>Do less of, or stop:</i> <i>Do more of, or start:</i>
Cognition Thoughts, attitudes, beliefs, values, opinions, thinking styles		<i>Do less of, or stop:</i> <i>Do more of, or start:</i>
Interpersonal Communicating and being with others, Relationships		<i>Do less of, or stop:</i> <i>Do more of, or start:</i>
Drugs / Biology Physical exercise & health, diet, sexual health, alcohol, weight, smoking, caffeine etc		<i>Do less of, or stop:</i> <i>Do more of, or start:</i>