Functioning

SELF-CARE

LEISURE

SOCIAL

WORK

FAMILY

Biological Rhythms

Sleep

Appetite

Energy

Movement (agitated versus slowed)

Cognitive processing (also visible via rate of speech)

* Focused & goal-directed
* Flight of ideas
* Tangential (distracted by new thoughts in your head)
* Circumstantial (must tell you EVERY detail and ALL the CONTEXT)
* Logical/Illogical
* Disorganized
* Ruminative
* Distractibility (by things outside your head)
* Literal and concrete vs abstract or generalized

Insight

Judgement

Emotionality:

How much do they EXPERIENCE emotion?

How much do they SHOW emotion?

MOTIVATION

What is ONE change your character needs to make (or challenge they need to face)?

No Change

Change

Cons

Pros

CBT MODEL PLOTTING YOUR SCENE