



Association for Cognitive Analytic Therapy

CAT Rating Sheet: Target Problem Procedure

Name:	Therapist:	Date of First Consultation:
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Target Problem Procedure

		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
RECOGNITION Rate how skilled you are at seeing the pattern	More																					
	Same																					
	Less																					
REVISION Rate how far you are able to stop the pattern and / or replace it with a better way	More																					
	Same																					
	Less																					

Alternatives / Exits to the pattern worth trying and working on: