

Association of Cognitive Analytic Therapy																						
CAT Rating Sheet: Target Problem Procedure																						
Name:	Therapist:									Date of First Consultation:												
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																					
	NOLE	I																				
	Same	I 																				
	1	l																				
	Less	1																				
REVISION Rate how far you are able to stop the pattern and / or replace it with a better way	More	•																				
	Same	l		ļ																		L
	Curre	I																				
	Less	1																				

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



Association for Cognitive Analytic Therapy Ltd PO Box 6793, Dorchester, DT1 9DL, United Kingdom admin@acat.me.uk | www.acat.me.uk | 0844 800 9496