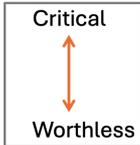
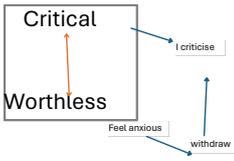
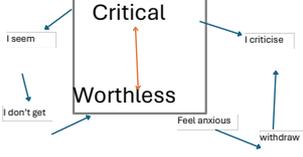


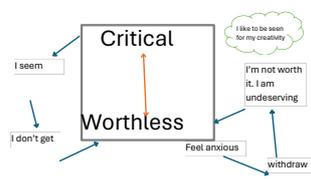
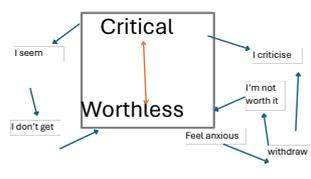
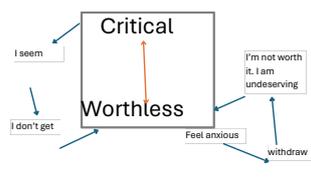


## About me - a reformulation letter guide

CAT includes a shared letter (called a reformulation letter) read in around the fourth session to help someone understand their patterns with more compassion and connection to past events. I once wrote about how writing the letter side by side can feel more collaborative and empowering\*. This guide offers a flexible template you can use alone or with support. CAT trainees are encouraged to discuss its use with their supervisor.

<p><b>Dear therapy,</b></p> <p>I have come to therapy because I would like things to be different. An important part of what I'd like to change is ...</p>	<p><b>Example:</b></p> <p>"I came to therapy because I hate myself. I feel worthless and see people as looking down on me."</p>	<p><b>The CAT intention &amp; mapping alongside</b></p> <p>(Here we can hear a target problem of "I feel worthless" framed as a reciprocal role.)</p> <p>critical to worthless. mapped like this</p> 
<p>The things preventing this change occurring can be described as ...</p>	<p>"I get stuck in self-criticism and assume people will think I'm pathetic or will reject me before it happens so I withdraw."</p>	<p>Describes procedures that maintain the target problem.</p>

		
<p>When I think about what I'd like to change it sounds to me like I am being ...</p>	<p>“Pathetic or like I’m just dreaming”</p>	<p>Here you can get the self-to-self reciprocal role; a repeat of the looking down to worthless RR, or the internalised voice that may act as a target problem procedure: punishing or make small.</p>
<p>I think I learnt how to talk with/about myself, or believe this about myself, through the experience of ...</p>	<p>“I learnt this through being compared to others and being told I wasn’t enough by my parent when ...”</p>	<p>Origins/stories of learning certain relational styles in early relationships.</p>
<p>Others have described or responded to this ...</p>	<p>“I seem distant to others and they don’t invite me anywhere” .</p>	<p>Shows how the pattern is confirmed or the consequences that are contrary to aims.</p> 

<p>The things that give me strength and hope are ...</p>	<p>“I like to be creative, and when someone takes me seriously.”</p>	<p>Identifies resources and hope and possible future exits.</p> 
<p>What limits or hurts me as I try to change things is ...</p>	<p>“I tell myself I shouldn't bother – I'm not worth it.”</p>	<p>Another way of finding repeating procedural sequences, snags.</p> 
<p>And I end up doing or feeling ...</p>	<p>“Worthless again.”</p>	<p>Confirming the same state (a trap) or a state that is not seen as helpful.</p>
<p>But if I change then ...</p>	<p>“It feels risky, like I'm asking for something I don't deserve.”</p>	<p>Identifies change dilemma/snag.</p> 

<p>Talking now in therapy about this I feel</p>	<p>“Uneasy but also curious and relieved to say it out loud.”</p>	<p>Identifies the procedures that may limit change and recognition work occurring in session.</p>
<p>If I change I expect others will feel ...</p>	<p>“They might wonder what got into me...”</p>	<p>Anticipated relational response.</p>
<p>In therapy, like in all aspects of life, these patterns may occur and I will know by ...</p>	<p>“When I withdraw... this might happen in the therapy room...I might just not come back...It would be good to be able to talk about this if you see.”</p>	<p>Helps in predicting what RR may be re-enacted between therapist and client and start a conversation about what they may do to respond to this.</p>

\*  **Innovations in Writing** This resource is not a clinical tool or substitute for therapy. It is designed to invite curiosity, reflection, and dialogue about relational patterns and change. © In Dialogue Pty Ltd.