

Genetics/Personality
(Worksheet 1)

Blue Drive
(Worksheet 6)

Red Threats
(Worksheets 3 & 4)

**Me As a Parent
Formulation**

Impact of Key People
(Worksheet 10)

**My Worries
and Fears**

**Learning From Life
Experiences**
(Worksheet 11)

My Critical Mind

**Green Soothing
Strategies**
(Worksheet 8)

**Protective
Strategies**

**Unintended
Consequences**