

‘About me’: a guide to your **reformulation letter**

CAT includes a shared letter — the **reformulation letter** — usually read around the fourth session to help someone understand their patterns with more compassion and connection to past events. It brings together the patterns to stories from the past. Writing it side by side can feel more collaborative and empowering.* This is a flexible template you can use alone or with support. **CAT trainees are encouraged to discuss its use with their supervisor.**

Dear therapy,

PROMPT 01

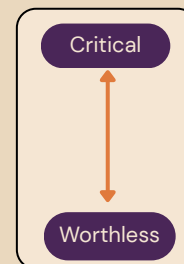
WHAT I'D LIKE TO CHANGE

I have come to therapy because I would like things to be different. An important part of what I'd like to change is ...

EXAMPLE

“I came to therapy because I hate myself. I feel worthless and see people as looking down on me.”

THE CAT INTENTION & MAPPING



Here we can hear a target problem — “I feel worthless” — framed as a reciprocal role: **critical** → **worthless**, mapped alongside.

PROMPT 02

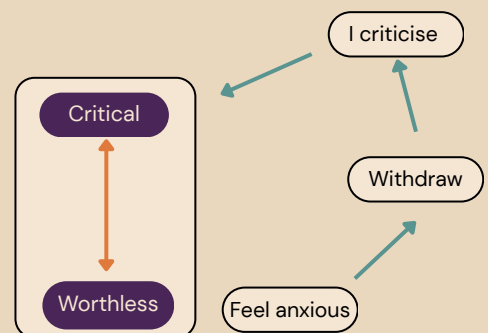
WHAT KEEPS ME STUCK

The things preventing this change from occurring can be described as ...

EXAMPLE

“I get stuck in self-criticism and assume people will think I'm pathetic, or will reject me before it happens - so I withdraw”

THE CAT INTENTION & MAPPING



Describes the **procedures** that maintain the target problem.

PROMPT 03

THE SELF-TO-SELF VOICE

When I think about what I'd like to change, it sounds to me like I am being ...

EXAMPLE

"Pathetic, or like I'm just dreaming."

THE CAT INTENTION & MAPPING

Here you can get the **self-to-self reciprocal role** — a repeat of the critical-to-worthless RR, or the internalised voice that may act as a target-problem procedure: punishing, or making small.

PROMPT 04

WHERE IT WAS LEARNT

I think I learnt how to talk with and about myself, or to believe this about myself, through the experience of ...

EXAMPLE

"Being compared to others and being told I wasn't enough by my parent when..."

THE CAT INTENTION & MAPPING

Origins and stories of learning certain **relational styles** in early relationships.

PROMPT 05

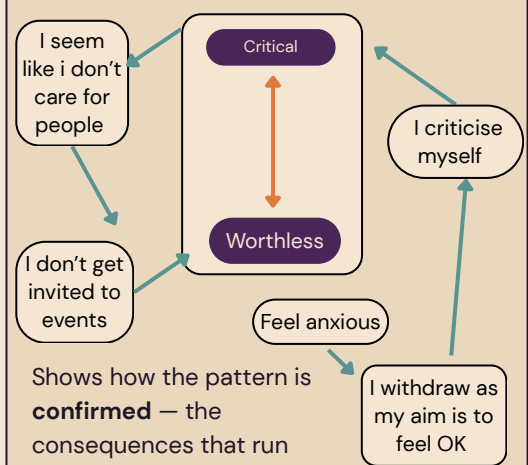
HOW OTHERS RESPOND

Others have described or responded to this by ...

EXAMPLE

"I seem distant to others and they don't invite me anywhere."

THE CAT INTENTION & MAPPING



PROMPT 06

STRENGTH & HOPE

The things that give me strength and hope are ...

EXAMPLE

"I like to be creative, and when someone takes me seriously"

THE CAT INTENTION & MAPPING



PROMPT 07

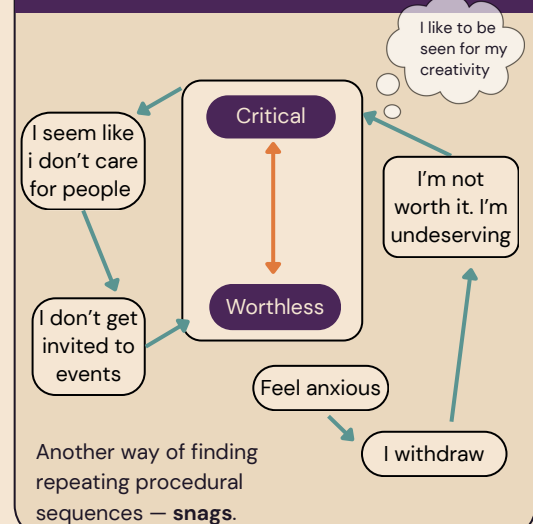
WHAT LIMITS ME

What limits or hurts me as I try to change things is ...

EXAMPLE

"I tell myself I shouldn't bother - I'm not worth it"

THE CAT INTENTION & MAPPING



PROMPT 08

WHERE I END UP

And I end up doing or feeling ...

EXAMPLE

"Worthless again"

Confirming the same state (a **trap**) or a state that isn't seen as helpful.

PROMPT 09

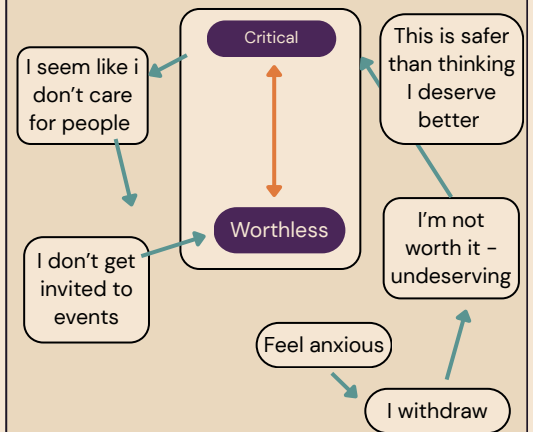
THE CHANGE DILEMMA

But if I change, then ...

EXAMPLE

"It feels risky, like I'm asking for something I don't deserve"

THE CAT INTENTION & MAPPING



Identifies a change
dilemma / snag.

PROMPT 10

HOW IT FEELS NOW

Talking now in therapy about this, I feel ...

EXAMPLE

"Uneasy, but also curious - and relieved to say it out loud"

THE CAT INTENTION & MAPPING

Identifies the procedures that may
limit change, and the **recognition
work** occurring in session.

PROMPT 11

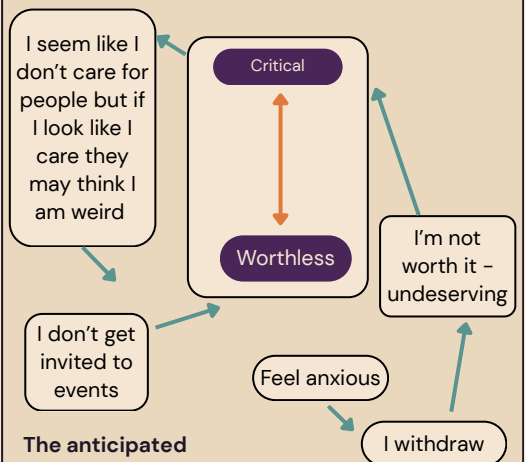
WHAT OTHERS MAY FEEL

If I change, I expect others will feel ...

EXAMPLE

"They might wonder what got into me..."

THE CAT INTENTION & MAPPING



The anticipated
relational response.

PROMPT 12

KNOWING IT IN THE ROOM

In therapy, like in all aspects of life, these patterns may occur — and I will know by ...

EXAMPLE

“When I withdraw...this might happen in the therapy room...I might just not come back. It would be good to be able to about this if you see it”.

THE CAT INTENTION & MAPPING

Helps predict what RR may be **re-enacted** between therapist and other person, and starts a conversation about how to respond to it together.