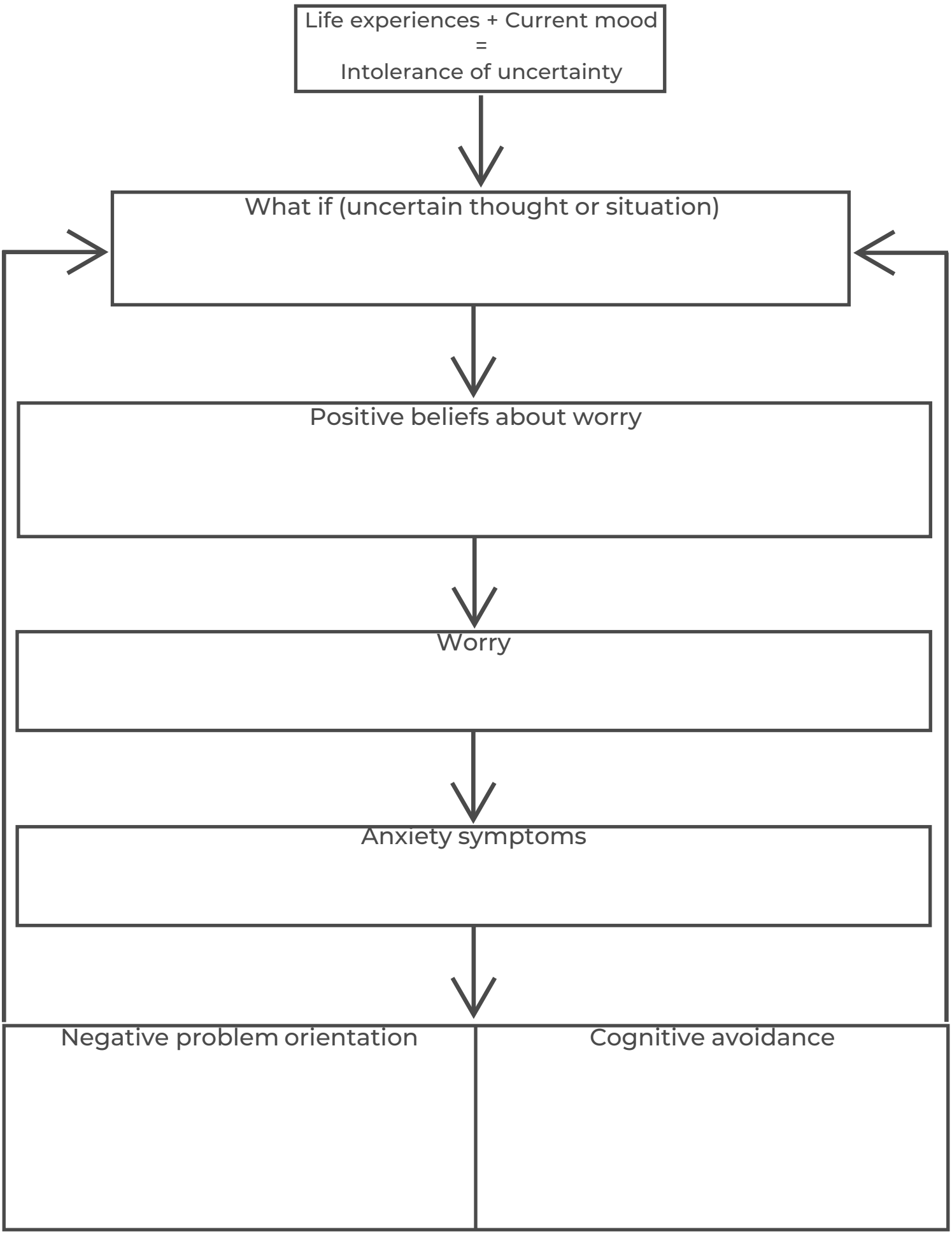
Generalised anxiety formulation

Progress Psychotherapy



© 2026 Robert Fulton/Progress Psychotherapy® Without a therapist this document is an educational tool, not a substitute for therapy. Licensed free under Creative Commons BY-SA 4.0 from Progress Psychotherapy Tools. It can be shared or adapted with attribution and released under the same license. Adapted from research by Dugas, Gagnon, Ladouceur, & Freeston (1998). Behaviour Research and Therapy, 36, 215–226.