BASIC I.D.

Client name: _____ **Date:** _____

Therapist: _____ **Session #:** _____

BASIC ID Model

Modality	Problem description	Example assessment/Treatment
Behavior	Challenges related to observable actions and habits	Monitoring behavioral patterns; implementing behavior modification strategies
Affect	Issues with emotional regulation, mood swings, or chronic sadness	Utilizing emotion regulation techniques; exploring feelings in sessions
Sensation	Physical sensations that may contribute to psychological distress	Assessing sensory experiences; practicing mindfulness techniques
Imagery	Negative or intrusive images affecting self-perception or reality	Using imagery rescripting techniques to alter negative thoughts
Cognition	Cognitive distortions or irrational beliefs influencing behavior	Cognitive restructuring to challenge and change unhelpful thoughts
Interpersonal	Difficulties in forming or maintaining healthy relationships	Therapeutic communication skills practice; relationship-building exercises
Drugs/Biology	Impacts of medications, substance use, or biological factors on well-being	Reviewing medication regimes; addressing health-related concerns

BASIC I.D. Notes

B - Behavior

A - Affect

S - Sensation

I - Imagery

C - Cognition

I - Interpersonal

D - Drugs / Biology

Additional notes