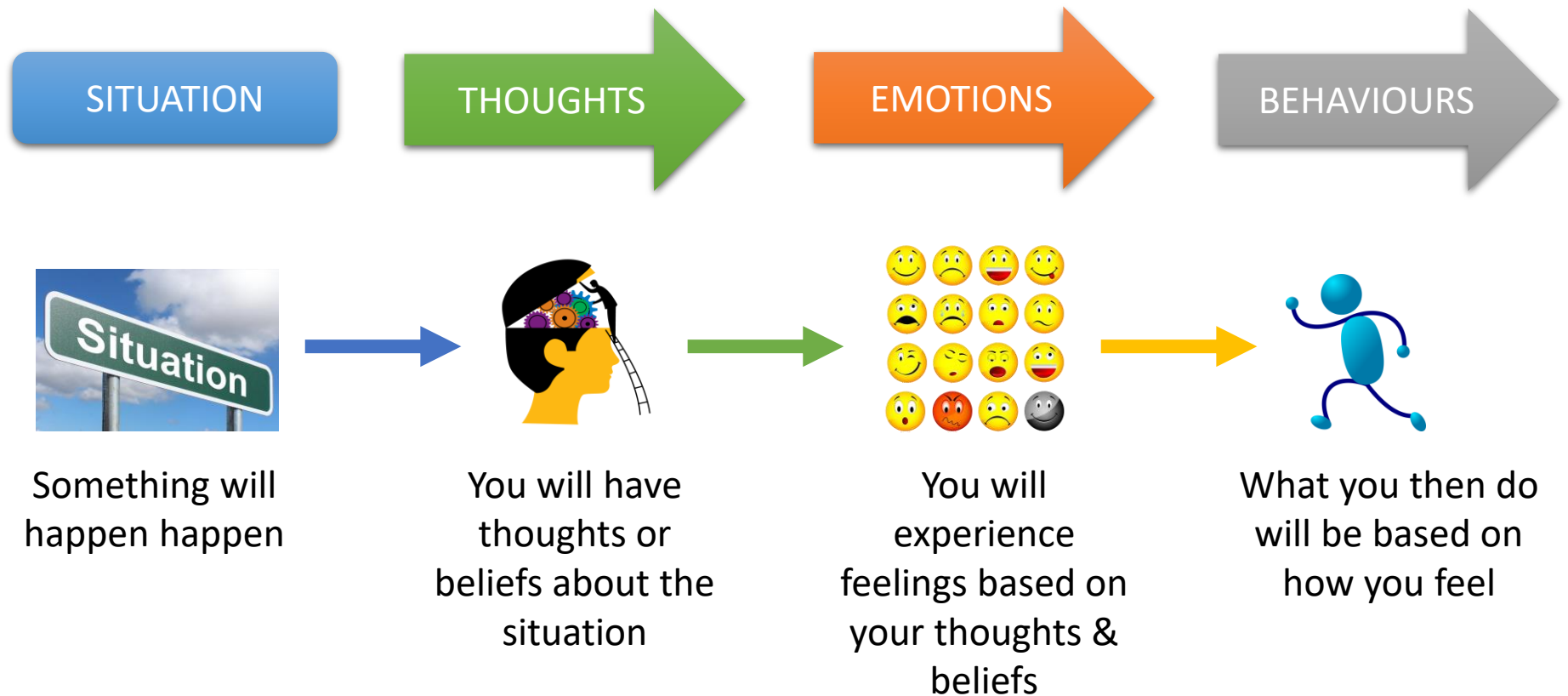


WHAT IS CBT

Cognitive Behavioural Therapy (CBT) suggests that our thoughts, feelings, and actions are all interconnected. What we think about a situation, shapes how we feel, which in turn affects our behaviour. So, what's going on in our heads directly impacts how we react in real life.



5 FACTOR MODEL

What Happened?

When did you notice a mood change? Where were you? When was it? Who were you with?
What happened? How did it happen? **This should be a small slice of time**

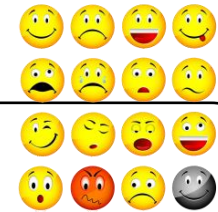


What I thought



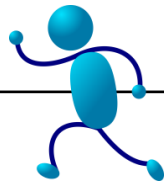
What was running through my head?
What was I thinking?
What was my thought process?
What did I imagine?
What did I say to myself?
What disturbed me?

What I felt



What emotions did I feel?
How did I feel about that?
Did I feel more than one emotion?
If I had say how I felt in one word it would be....
Where would you rate each emotion between 0-10?

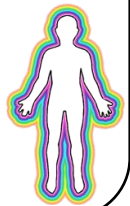
What I did



What did I do?
If someone else saw me, what would they see me do?
What didn't I do? Did I avoid anything?
What helped me cope?

Where I felt it

How did I know if felt those emotions?
What did I notice in my body?
What did I feel?
Where did I feel it?



5 FACTOR MODEL

What Happened?

[Empty box for 'What Happened?']

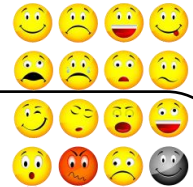


What I thought



[Empty box for 'What I thought']

What I felt



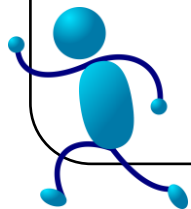
[Empty box for 'What I felt']



What I did



[Empty box for 'What I did']



Where I felt it



[Empty box for 'Where I felt it']

