

AUTONOMIC SYMPTOMS

What you feel...

When you feel distressed, what do you notice in your body?
Where do you notice it?
What physical sensations do you experience?
What do you notice first? Then what happens?

MAKING THE LINKS

If anyone was thinking those thoughts, it is likely that they would feel.....

and it is therefore understandable that they might (do) (or not do).....

Then how do you think **that** would affect the way they feel.....and think.....?

INTRODUCING THE MODEL

We use the Cognitive Behavioural model to try to make sense of our problems. It is a common sense explanation of how our thoughts (cognitions), feelings and behaviours are closely linked and affect each other.

By looking at and learning to change our thoughts (cognitions) and our behaviours, we can learn to change the way we feel.

BEHAVIOURS

What you do...

When you feel distressed, what do you do?

What would someone else (or a fly on the wall) see me doing?

What do you NOT do or avoid doing? (What would someone else/ fly on wall see me NOT doing?)

COGNITIONS

What you think...

When you feel distressed, what are you thinking about?
What was it that disturbed you?
What goes through your mind at that time, or just before you started feeling that way?
What is the worst thing about the situation?
What are the thoughts or images that upset you?