

Cross-sectional CBT Model

The goal here is to understand how changing your thoughts and behaviors can alter your emotional and physiological response to a certain trigger.

1. Identify the Trigger: This could be a situation, a person, something someone says or does, an old memory, an internal feeling or pain or discomfort. In CBT the trigger itself is not the problem, it's how we think and react to the trigger that causes our distress.
2. Identify negative or unrealistic thoughts in response to the trigger (e.g., "I can't handle this," or, "They're going to think I'm stupid.")
3. Identify physical sensations: Unpleasant or uncomfortable feelings in the body (e.g., muscle tension, shaking, blushing, pain, fatigue, rapid heartbeat, chest tightness, etc.)
4. Identify feelings in response to negative thoughts (e.g., anxiety, shame, sadness, resentment, anger, hurt, etc.)
5. Identify behaviors linked to the negative thoughts and feelings. Behaviors can be external (e.g., avoiding, arguing, withdrawing, reassurance seeking, etc.) or internal (e.g., ruminating, worrying, overanalyzing, etc.).

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Trigger

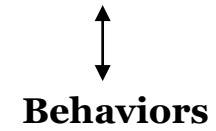
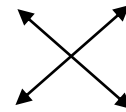
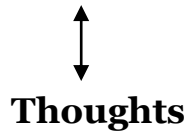
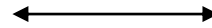
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Bodily Sensations

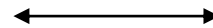
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Feelings

[Empty rectangular box for Feelings]



[Empty rectangular box for Thoughts]



[Empty rectangular box for Behaviors]