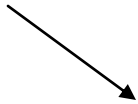
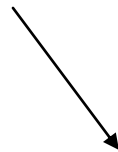


Past experiences



Core Beliefs / Assumptions

Critical incidents



Triggers



The problem:
Thoughts:
Behaviours:
Emotions:
Body sensations:



(Maintaining Cycles: thoughts, feelings, behaviours)

