CBT 5 PART MODEL



The model consists of 5 interlinking "parts". The **Situation** is the "who, what, when, where, why" element, it includes the environment that you find yourself in and gives rise to the thought.

e.g.: "*I was out walking my dog at 8am yesterday morning when I saw Bob. I went to say "hello", but he walked straight past me without looking up*".

From this you could have many **Thoughts** but for this example you think: "He didn't care to stop for a quick chat and was very rude"
- ***"Bob doesn't like me"***.

Our thoughts then interlink with our **Emotions**, thinking someone doesn't like you is negative in impact and could leave you feeling down, sad, rejected; use a single word to describe if possible.

Our thoughts/emotions share a close link to our **Physical** state. In this example we are thinking someone else doesn't like us and are feeling sad/down/rejected, our physical state may reflect this with slumped body language, general lethargy, teary eyes.

The final part of the model is **Behaviour** - *what we do next from this situation*. In this example this very negative mood state may cause us to go home, avoid a planned meeting with other friends later on and even avoid Bob's phone calls in the future.

# Understanding your problem

Try to fill in something of your own experience. You may begin to understand your difficulties a little better; particularly what patterns may exists and how things interact:

**SITUATION**

**FEELINGS**

**BEHAVIOUR**

**PHYSICAL REACTIONS**

**THOUGHTS**