

CBT Model: 5 Areas Diagram



Bethany's Story: Worry

Cognitive behavioural therapy (CBT) is a talking therapy that can help you manage your problems by changing unhelpful ways of thinking and behaving. It is based on the idea ideas that our situational factors, thoughts, feelings, physical symptoms and behaviours are interconnected and consequently we can become trapped in a vicious cycle.

5 Areas Diagram: helps you to break down your problems to enable you to better understand how the different aspects influence one another and what factors are maintaining your problem. Take a look at the example below to see how it works in practice...

SITUATION - TRIGGERS - CONTEXTUAL FACTORS

Bethany is a 35-year-old teacher who has two young children who she parents with her husband, Dave. Dave travels a lot for work and Bethany feels the need to stay on top of everything in his absence. Bethany has always been a caring person and wants to do her best in every area of her life.

THOUGHTS

"What if I move something and forget where I put it?"

"What if my students ask me something and I don't know the answer? I will look stupid. Maybe I'll get in trouble"

"What if Dave is delayed and has to stay away another night? What if he was involved in a plane crash? I can't cope without him."

PHYSICAL SYMPTOMS Head aches Heart pounding

Dizzy Hot

Nausea

Tired

FEELINGS/EMOTIONS

Panicky

Anxious

On edge

Stressed

Embarrassed

Fearful

Worried

BEHAVIOURS

Needs to be extra prepared for class, arriving extra early. Increasingly avoiding situations that she isn't prepared for

Sits and worries for an hour at a time

Forgets things

Struggles to make simple decisions



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Use this worksheet to complete your own example ...

