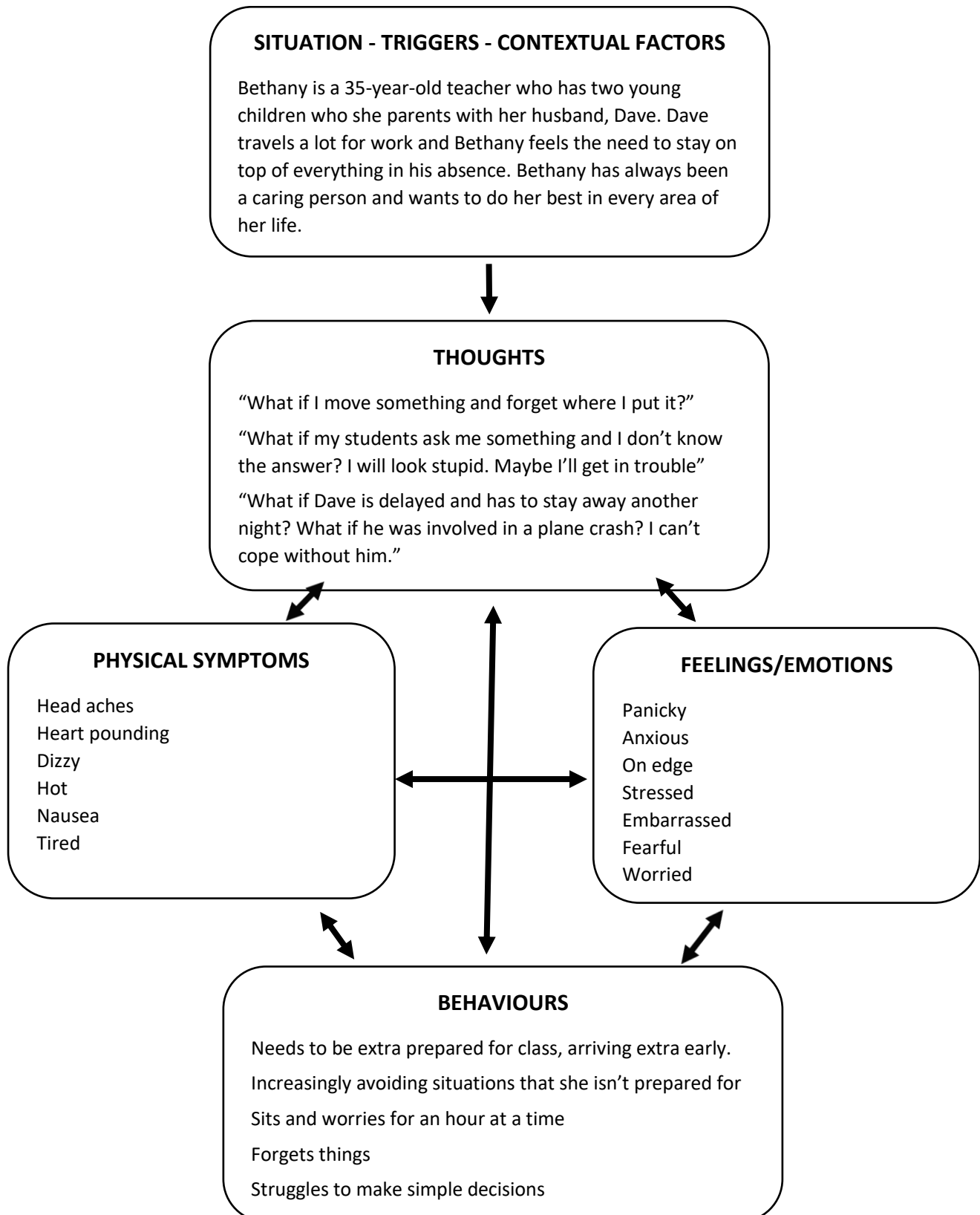


## Bethany's Story: Worry

**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...



Use this worksheet to complete your own example . . .

