

# **CBT Model: 5 Areas Diagram**



Clare's Story: Panic

**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**

Clare is a 19-year-old university student who moved to Southampton from Manchester to start her degree 6 months ago. Everything feels unfamiliar and Clare misses her family. Clare's peers are high achievers and do well with little effort whilst Clare must work hard to pass her first year.

## **THOUGHTS**

"What if I'm having a heart attack?"

"I feel like I'm going to faint"

"I must be going crazy"

"I just need to get out of here"

"What if I have a panic attack again? Will people notice?"

### **PHYSICAL SYMPTOMS** FEELINGS/EMOTIONS Rapid and shallow breathing **Panicky** Heart pounding **Anxious** Dizzy On edge Hot Stressed Shaky **Embarrassed** Nausea Fearful Pins & needles in hands and feet Worried

#### **BEHAVIOURS**

Experiences panic attacks 2-3 times a week
Increasingly avoiding lectures or busy places with people
Sits at the back of the lecture theatre on the end of the row
Carries fast-acting anxiety medication in her handbag
Plays on her phone whilst in nightclubs with her friends



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Use this worksheet to complete your own example ...

