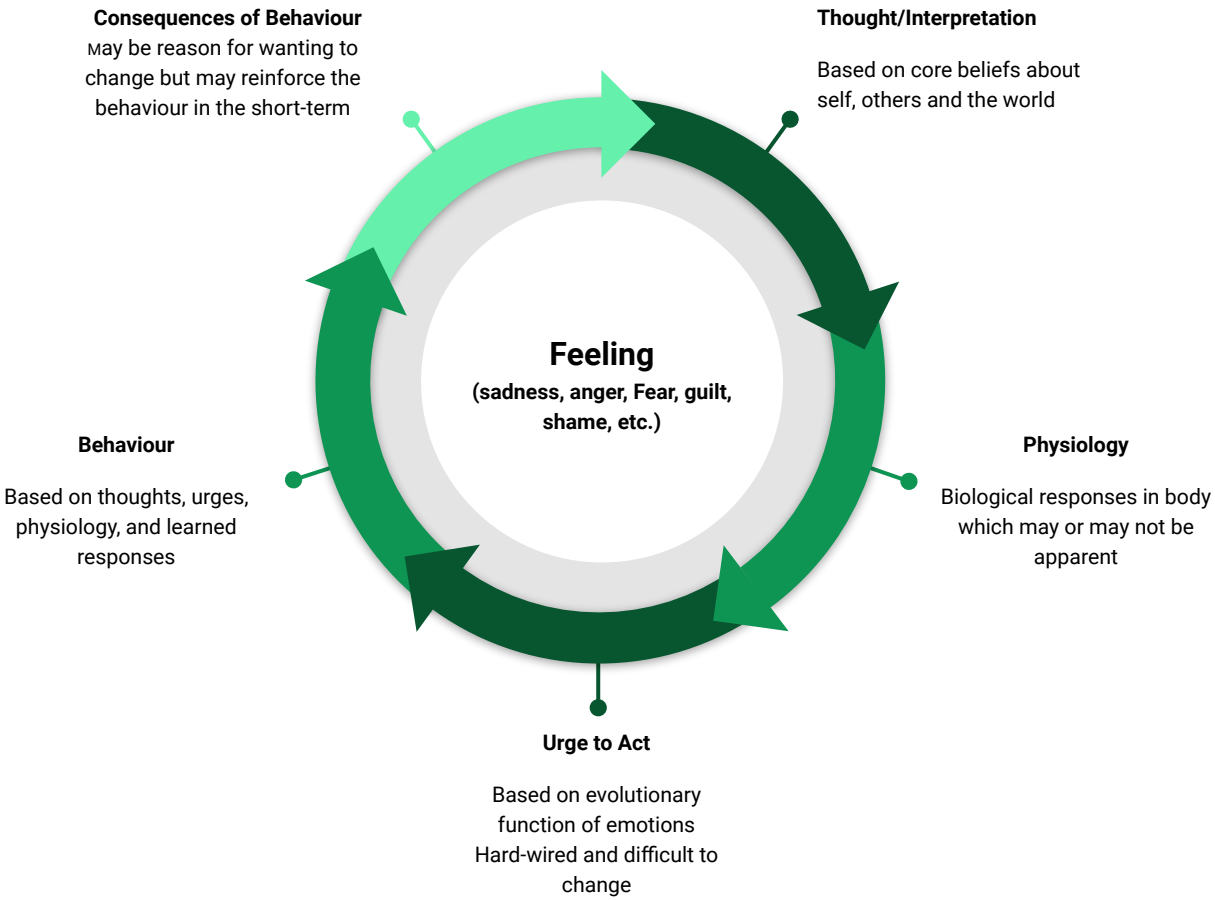
Consequences of Behaviour
May be reason for wanting to change but may reinforce the behaviour in the short-term
Thought/Interpretation
Based on core beliefs about self, others and the world
Feeling
(sadness, anger, Fear, guilt, shame, etc.)
Behaviour
Based on thoughts, urges, physiology, and learned responses
Physiology
Biological responses in body which may or may not be apparent
Urge to Act
Based on evolutionary function of emotions
Hard-wired and difficult to change