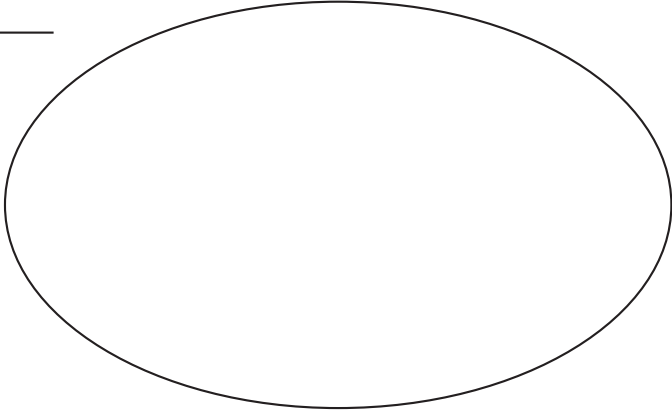


Form 5.1: Three-Component Model

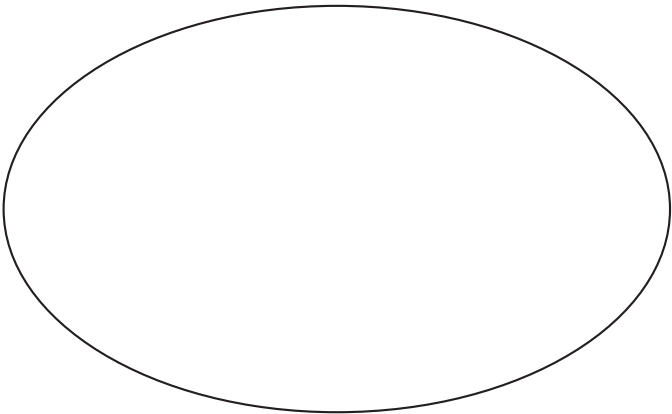
Situation:

Emotion(s):

Physical Sensations
(what you're feeling in your body)



Thoughts (what you're thinking)



**Behaviors (what you're doing, what you
feel like doing)**

