Dugas Model of GAD

**Situation**

Intolerance of Uncertainty Intolerance of Uncertainty

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**What if…**

**Life Events**

**Mood state**

**Positive beliefs about worry**

**Worry**

**Cognitive Avoidance**

**Negative Problem Orientation**

**Anxiety**

**Demoralisation, Exhaustion**

Dugas, M. J., & Robichaud, M. (2007). *Cognitive-behavioral treatment for generalized anxiety disorder: From science to practice*. Taylor & Francis.