**Negative Automatic Thoughts**

**BEHAVIOUR**

SEEKING REASSURANCE

**COGNITIVE**

**Dysfunctional Schemas**

**Critical Incidents**

**Previous Experience**

**EMOTIONS**

AVOIDANCE

BODILY CHECKING

**PHYSIOLOGICAL CHANGES**

**Activates Schemas**

Wells, A. (2013). *Cognitive therapy of anxiety disorders: A practice manual and conceptual guide*. John Wiley & Sons.