Early Experiences

**Situation**

**Behaviours**

**Meaning of thoughts**

**Automatic Thoughts**

**Emotions**

**Situation**

**Behaviours**

**Meaning of thoughts**

**Automatic Thoughts**

**Emotions**

**Situation**

**Behaviours**

**Meaning of thoughts**

**Automatic Thoughts**

**Emotions**

**Critical Incidents**

**Rules and Conditional Assumptions**

**Core Beliefs**

**Early Experiences**