Example Form 5.1a: Three-Component Model

Use this form whenever you are feeling a strong emotion to help you break it down into its three parts. You can also use this form after an emotional experience to review how your emotion progressed.

Situation: Late for the bus

Emotion(s): Anxiety

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

- Heavy breathing
- Faster heart rate
- Dizzy

Thoughts (what you're thinking)

- This is so uncomfortable
- If I get on this bus, I'm going to have a panic attack
- It's happening—I'm definitely going to panic

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

- Walking to work instead

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