Example Form 5.1b: 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:** Friend cancels plans

**Emotion(s):** sad, embarrassed

**Physical Sensations** (what you’re feeling in your body)
- Lump in my throat
- Fatigue

**Thoughts** (what you’re thinking)
- Of course she doesn’t want to hang out with me— I am so lame
- I might as well go to bed early

**Behaviors** (what you’re doing, what you feel like doing)
- Ruminate about what I did to upset my friend
- Go to bed at 8 PM