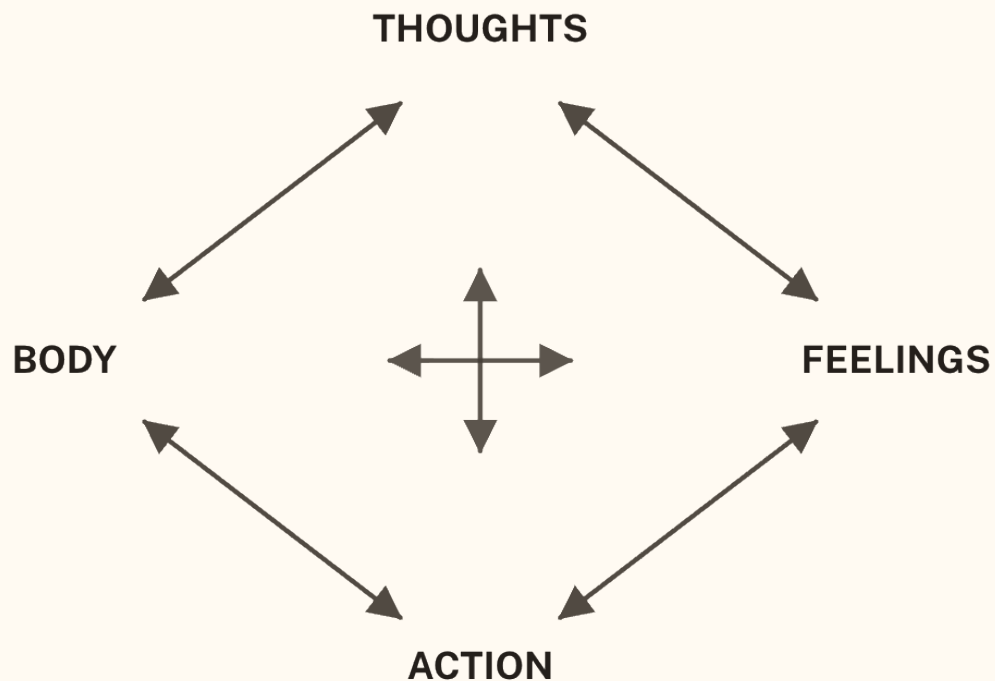


The cognitive diamond

Use the model to map out how thoughts, feelings, bodily reactions and behaviour influence one another in a specific situation.



How to use the model

- 1 Describe the situation briefly and specifically.
- 2 Write down the thoughts, feelings, bodily reactions and actions that appeared.
- 3 Notice which part is especially helping to keep the reaction going.
- 4 Choose one small change in the response, not an analysis that has to create complete certainty.