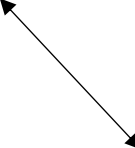
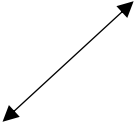


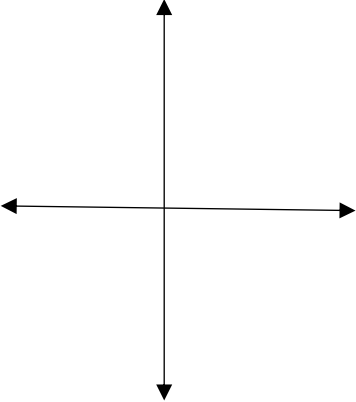
Situation:



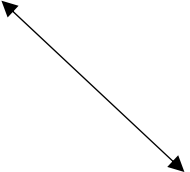
Thoughts/Images:



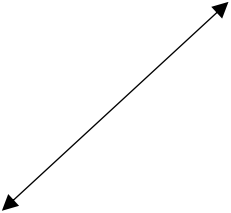
Physical sensations:



Behaviours:



Feelings/Emotions:



5 areas model