

The 'Five Areas' Model – Blank Form

Try to complete one of these forms whenever you notice a marked change in your mood, either negative (anxious, depressed, angry, guilty etc.) or positive (happy, calm, relaxed, enthusiastic). It will help you to connect changes in your moods with changes in your thoughts; physical sensations; behaviour or the outside world. Don't worry if you cannot put something in every box – you can come back to it later, or ask your guide to help you.

Ask your guide for the leaflet "Completing Your Own 'Five Areas' Review" to help you.

LIFE SITUATIONS, PRACTICAL PROBLEMS, RELATIONSHIPS – THE 'OUTSIDE WORLD'
What time of day is it? Where am I? Who am I with? What am I doing? What has been said / has happened?

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ALTERED THINKING

What went through your mind at the time? Any thoughts about:
You / how you are coping? The worst that could happen?
The best that could happen? How others see you? Your own body,
behaviour or performance? Any memories / mental pictures?
Underline the thought that is the most powerful!

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ALTERED MOODS / FEELINGS

How do I feel emotionally at the time?
Am I anxious / ashamed / depressed / angry / guilty /
calm / relaxed / happy / enthusiastic ?

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ALTERED PHYSICAL SENSATIONS

Note down any strong physical sensations
you notice at the time.

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ALTERED BEHAVIOUR

What did I do differently?
Did I stop doing what I was doing, or start doing something different?