

5 Factor Model

**Use this to help you understand how a situation made you think, feel & behave.
Consider how these all link, what you notice first and how the way we think, feel and
notice physically determine our response.**



**PROGRESS
PSYCHOTHERAPY**

<u>Situation: what happened?</u>		
<u>Thoughts</u>	<u>Feelings</u>	<u>Physical Sensations</u>
<u>Behaviour: How did I respond?</u>		