Figure 2. Cognitive model incorporating experience and beliefs

Experience

Beliefs (about self, world, future, relationships)
- Unconditional (core) beliefs
  - e.g. “I am inferior to others”
  - “people can't be trusted”
- Conditional beliefs
  - e.g. “If someone criticises me, they don’t like me”
  - “I must do things 100% or I have failed”

Coping strategies
- e.g. perfectionism, trying to please

Critical Incidents
- e.g. break up relationship
- losing job

Emotional reaction

Thoughts
- Behaviour
- Feelings
- Physiology
Figure 1. Five systems cognitive model

- FEELINGS <-> THOUGHTS
- BEHAVIOUR <-> PHYSIOLOGY

Impact of life circumstances, stresses and external environment