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