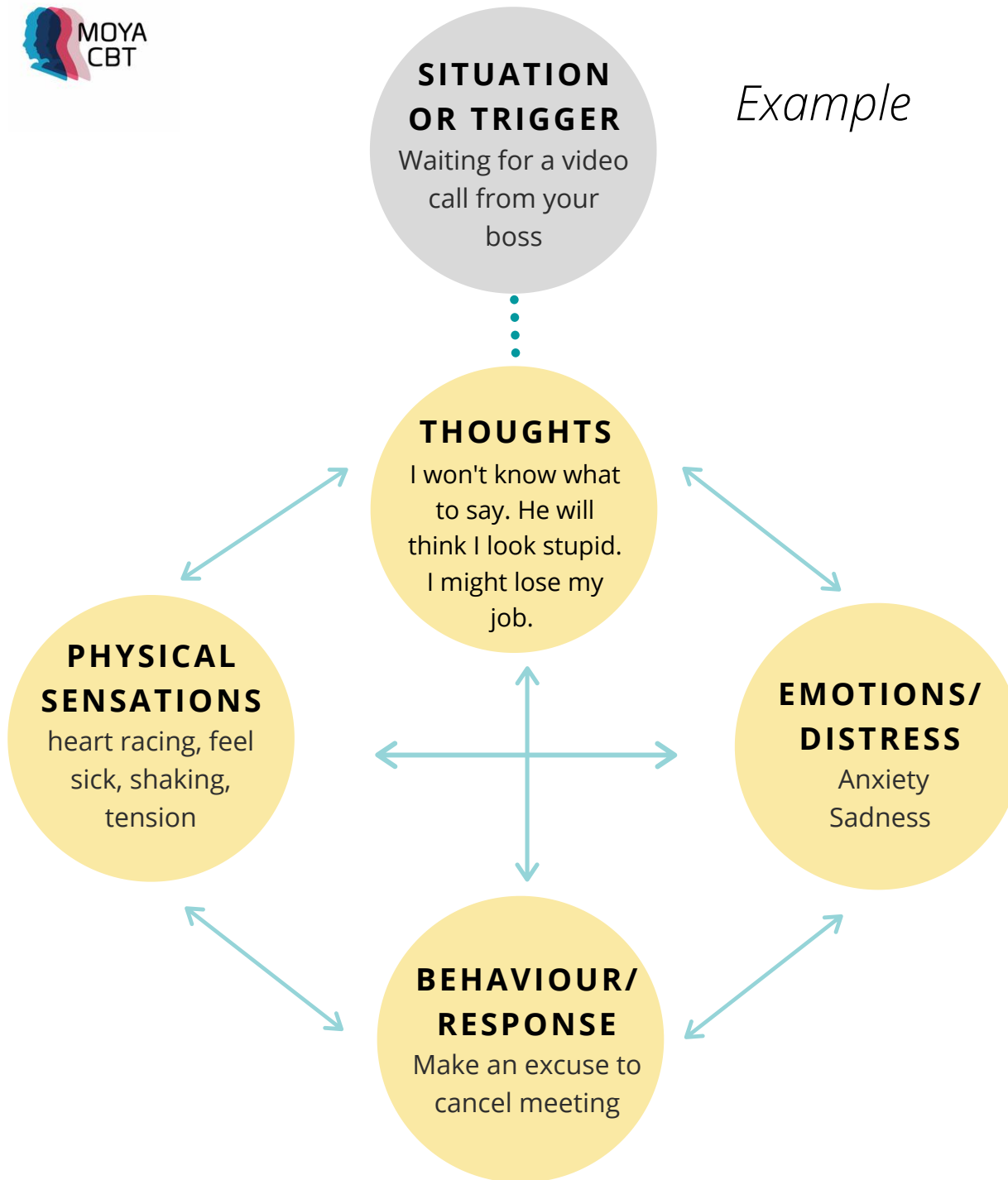


CBT VICIOUS CYCLE

EXPLANATION OF WHAT IS MAINTAINING A DIFFICULT OR DISTRESSING EMOTION

Example



Cycle Diagrams show how specific elements are related to one another, forming a repeating pattern. This diagram can be used to understand how our thoughts, feelings and behaviour contribute to our distress. In this example, the fear of negative judgement led to cancelling the meeting. Avoidance will reduce the anxiety temporarily, but prevents discovery of what would actually happen in the meeting. This maintains the fear and makes the pattern more likely to recur next time there is a similar trigger.