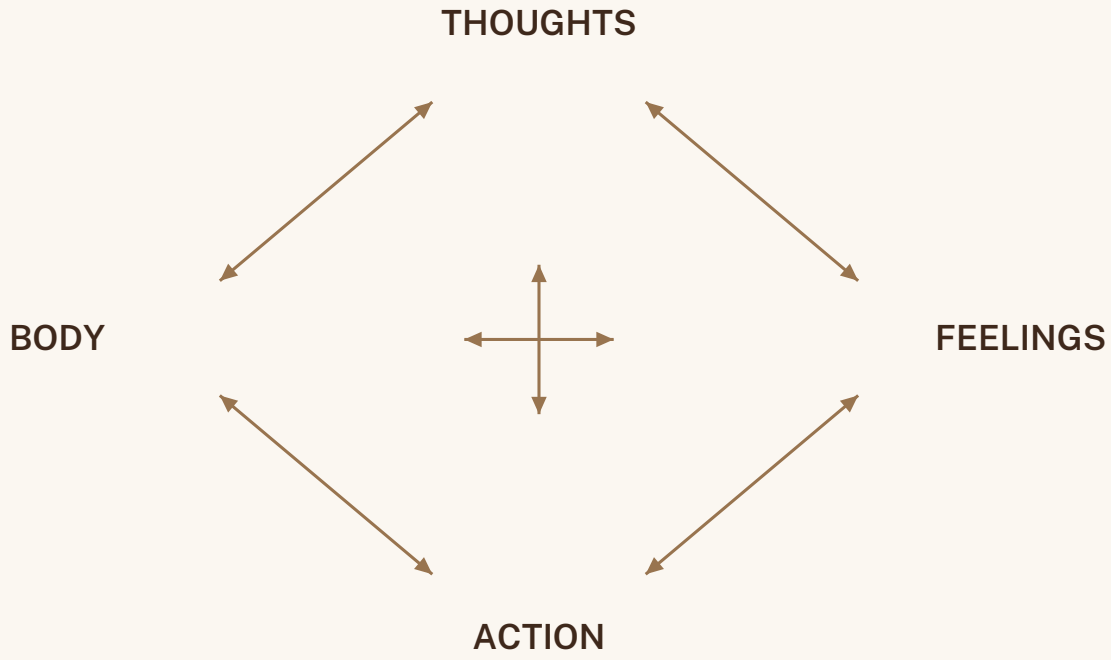
The cognitive diamond

Use the model to map out how thoughts, feelings, bodily reactions and behaviour influence one another in a specific situation.



How to use the model

1. Describe the situation briefly and specifically.
2. Write down the thoughts, feelings, bodily reactions and actions in that situation.
3. Notice which part seems to be keeping the reaction going.
4. Choose one small change in how you respond, without trying to analyse your way to complete certainty.

© Uncompelled