

Stress and major life changes

Stressful experiences. e.g. relationship problems, financial pressures, sleeplessness or shyness.
Major life changes. such as leaving home or bereavement.

Leading to



Emotions

Anxiety, depression, anger, guilt, shame.
Worry and negative beliefs about oneself and others.

Producing, or causing us to notice



Internal and external events

Ambiguous or negative events often involving other people.
Emotional feelings, anomalous experiences, arousal.

Leading to



Our explanation of events

Searching for understanding; worrying about what events mean

Influenced by



Reasoning

Not calmly reflecting on situations:
blaming others; jumping to conclusions;
not considering alternative explanations for events.

Leading to



Suspicious thoughts

Stress and major life changes

Leading to



Emotions

Producing, or causing us to notice



Internal and external events

Leading to



Our explanation of events

Influenced by



Reasoning

Leading to



Suspicious thoughts