

Stress and major life changes

- Problems with friends.
- Problems with work colleagues.
- Problems with our partner.
- Not getting on with people.
- Being bullied.
- Leaving home.
- Becoming isolated from other people.
- Starting a new job.
- Problems in the family.
- Bereavement.
- Work pressures.
- Financial pressures.
- Failing (or feeling as if we've failed) at some-thing.
- A traumatic event.
- Physical, emotional or sexual abuse.
- Being assaulted.
- Difficulties sleeping.
- Taking drugs or too much alcohol.

Leading to



Emotions

- **Anxiety.**
 - Feeling fearful.
 - Feeling nervous.
 - Expecting the worst.
 - Overestimating the chances of the threat occurring.
 - Feeling worried.
 - Feeling as if things are out of control.
 - Focusing on the way we're feeling.
 - Worrying about what other people have planned for us.
 - Experiencing mental images of bad things happening.
- **Lowered mood.**
 - Feeling miserable or sad.
 - Feeling vulnerable.
 - Feeling as if we're different to other people.
 - Feeling guilty.
 - Feeling ashamed.
 - Believing that we deserve to be harmed.
 - Believing that we're powerless.
 - Feeling frightened of rejection by others.
 - Dwelling on things.
- **Anger.**
 - Feeling angry or irritable.
 - Feeling tense.
 - Feeling as if we're on a short fuse.
 - Resenting other people.
 - Worrying about what other people might be doing to us,
- **Elation.**
 - Feeling overjoyed.
 - Feeling as if we're special.
 - Believing we're exceptionally talented.
 - Feeling our thoughts race.



Producing, or causing

Internal and external events

- Non-verbal signs.
 - Facial expressions.
 - The look in people's eyes.
 - Hand gestures.
 - Laughter and smiles.
 - Whistling and shouting.
- Verbal signs.
 - Snatches of conversation.
- Coincidences.
- Feeling aroused.
- Feeling that things are unusually significant.
- Anomalous experiences.
 - Things appear brighter or more vivid.
 - Sounds seem louder and more intrusive.
 - Being unusually sensitive to smells.
 - Objects seem odd to the touch.
- Feeling as if we're not really there, or that other people aren't really there.
- Illusions and hallucinations.
- Being easily startled.
- Having trouble concentrating.

Leading to



Our explanation of events

- Wanting to make sense of events.
- Trying to figure things out.
- Worrying about what's going on.
- Dwelling on things.

Reasoning: thinking fast not slow

- Relying on gut feelings.
- Not carefully reflecting on our thoughts.
- Jumping to conclusions.
- Tending to see events as caused by other people.
- Not discussing our thoughts and feelings with others.
- Not weighing up the evidence for our worries.
- Not considering that we might be mistaken.
- Not considering alternative explanations for our experiences.

Leading to



Suspicious thoughts