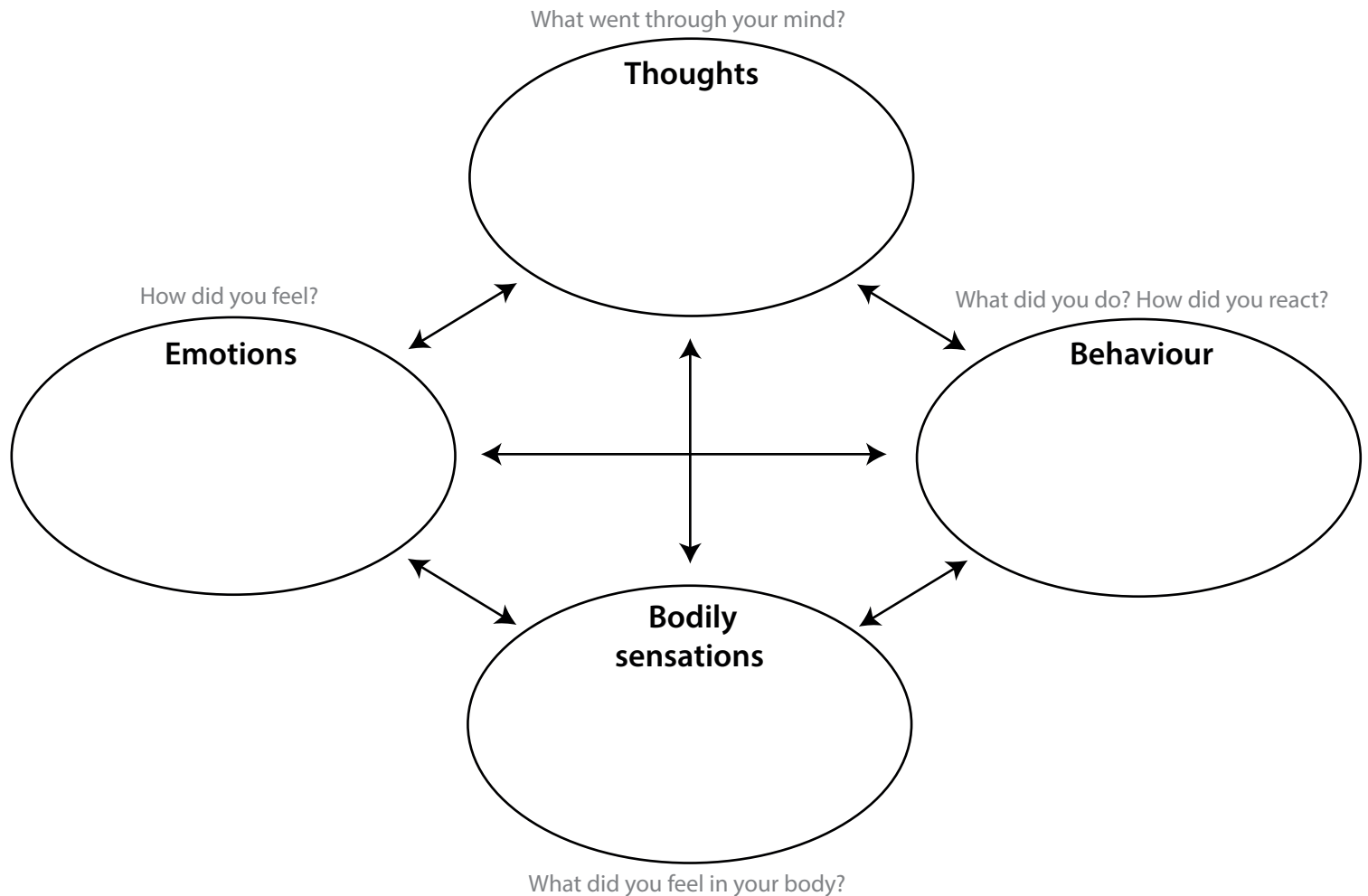


# Exploring Problems Using A Cross-Sectional Model

## Situation

Think of a recent time when you felt a sudden change in emotion.

Who were you with? What were you doing? Where were you? When did this happen?



## Reflections

What do you notice now about your **thinking**? How accurate was it? Is this way of thinking typical for you?

What do you notice about your **behaviour**? What was the result of acting that way? Is this way of acting typical for you?

What do you notice about the **links** between your thoughts, feelings, body, and behaviour?