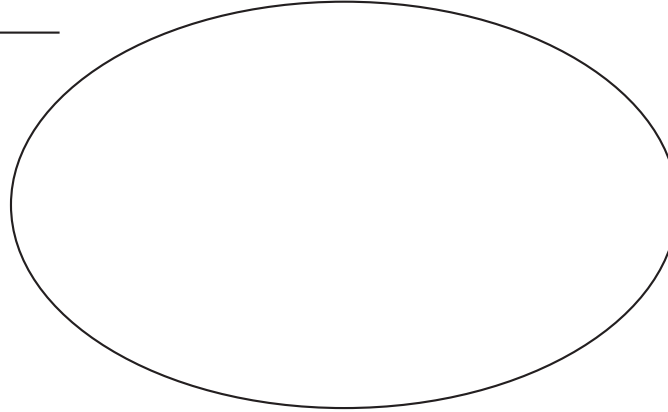


Form 5.1: Three-Component Model

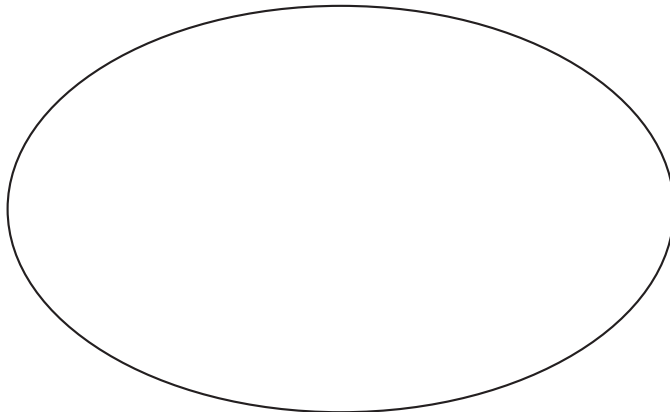
Situation:

Emotion(s):

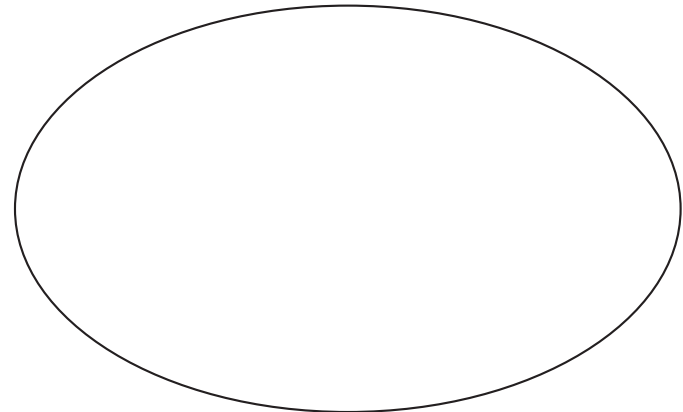
Physical Sensations
(what you're feeling in your body)



Thoughts (what you're thinking)



**Behaviors (what you're doing, what you
feel like doing)**



David H. Barlow, Shannon Sauer-Zavala, Todd J. Farchione, Heather Murray Latin, Kristen K. Ellard,
Jacqueline R. Bullis, Kate H. Bentley, Hannah T. Boettcher, Clair Cassiello-Robbins
Unified Protocol for Transdiagnostic Treatment of Emotional Disorders.
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