

The CBT-Junction Model

Use this exercise to set direction and make choices that are helpful, workable and sustainable. Use the left side of the model to identify unhelpful thoughts, behaviours and avoidance patterns that you get caught up in. Use the right side of the model to identify your purpose, goals, values and opportunities for change.

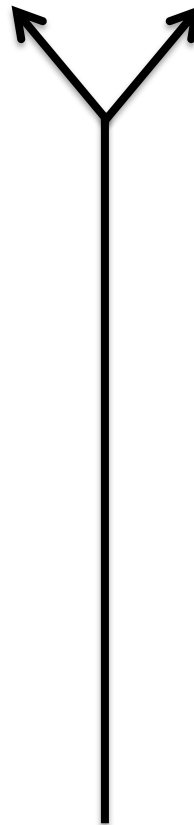
Acting according to my mood, vulnerabilities or self-limitations

Unhelpful thoughts that I get caught up in, emotions that I struggle with, counter-productive behaviours, self-defeating habits and patterns of avoidance.

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Acting according to my purpose, values, goals, strengths and opportunities

A willingness to pause, reality check, reappraise, notice and normalise thoughts and feelings without resistance or escalation, acting in the service of values and goals.



Trigger

Unhelpful / Unworkable / Unsustainable

Helpful / Workable / Sustainable