

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 and patterns of avoidance.

Choice Point

Acting according to my purpose, values, goals and opportunities

My purpose, values, goals, strengths, opportunities to try a different approach, things I can do to improve the situation and my personal wellbeing.



Trigger

Unhelpful / Unworkable / Unsustainable

Helpful / Workable / Sustainable