## Cross Sectional Assessment

Use this diagram to identify and map out the different factors that maintain the problem. Understanding the links between thoughts, behaviours, emotions and physical feelings can help you to change the way the problem is maintained.

The Trigger

## Thoughts

What thoughts or images went through your mind? What did this mean about the situation, other people or you personally? How did you interpret this and what did you fear would happen?


## Behaviours

What did you do or avoid doing - withdrawing, attacking, reassurance-seeking, escaping, avoiding exposure, worrying, self-criticising or behaving in a self-destructive manner.

## Emotions

What distressing emotions did you feel - anger, anxiety, depression, embarrassment, frustration, guilt, hurt, jealousy, shame.

## Physiological Sensations

What did you feel in your body? - Tension, tiredness, lethargy, exhaustion, pain, palpitations, rapid breathing, light-headedness, dizziness, shaky, sweaty, hot, red, pins \& needles.

