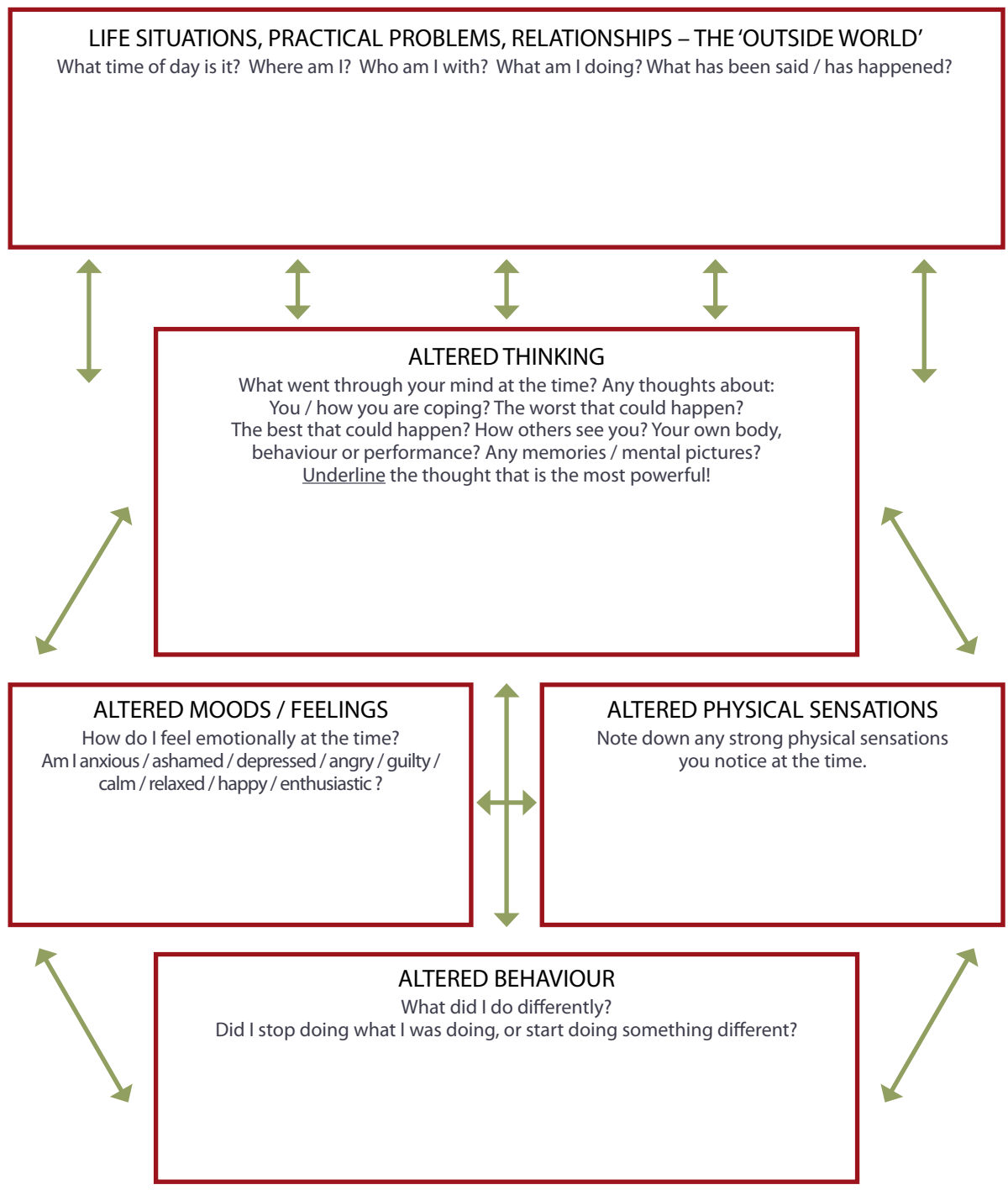


The 'Five Areas' Model – Blank Form

Try to complete one of these forms whenever you notice a marked change in your mood, either negative (anxious, depressed, angry, guilty etc.) or positive (happy, calm, relaxed, enthusiastic). It will help you to connect changes in your moods with changes in your thoughts; physical sensations; behaviour or the outside world. Don't worry if you cannot put something in every box – you can come back to it later, or ask your guide to help you.

Ask your guide for the leaflet "Completing Your Own 'Five Areas' Review" to help you.



Related leaflets include:
> Completing Your Own 'Five Areas' Review (leaflet 12)

