

Longitudinal Formulation

What happened? (Events)



How I interpret the events (Thoughts)



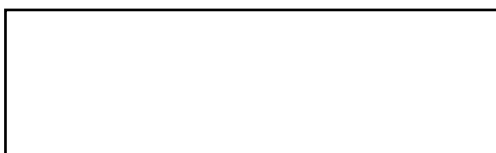
**Beliefs about myself, my thoughts,
others and the world (Core Beliefs)**



Life Experiences



**What I do when this happens
(Behaviour / Responses)**



**How I feel when this happens
(Feelings)**

