

Behaviour and Actions
(the end result)



Emotions and Feelings
(born out of your self-talk)



Self-Talk and Thinking
(a result of your beliefs)



Cognitive Beliefs
(stemming from the assumptions you've formed. Can be either true or false)



Assumptions
(held in the subconscious mind and normally only found through therapy/counselling)



**Activating Event/
Trauma/s**
(often occurring in childhood)