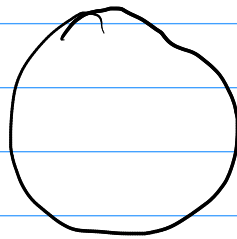


Concept v. esteem

feedback loop

(really positive day typically gets better and better)



+
Feedback
loop

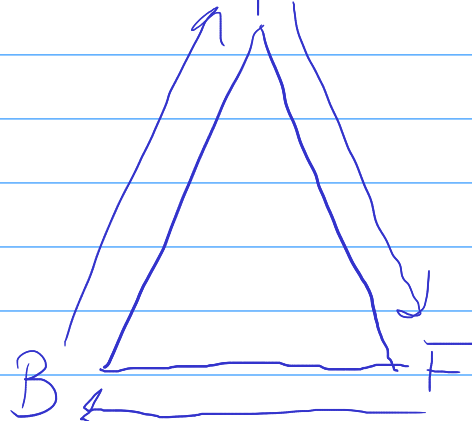
(really negative day typically gets worse and worse)

-
feedback
loop

S Situation



Thought



Behaviour

Feeling