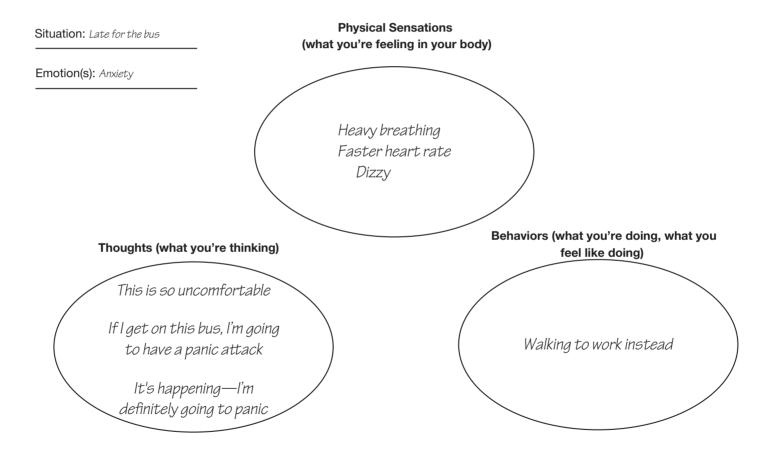
Example Form 5.1a: Three-Component Model

Use this form whenever you are feeling a strong emotion to help you break it down into its three parts. You can also use this form after an emotional experience to review how your emotion progressed.



David H. Barlow, Shannon Sauer-Zavala, Todd J. Farchione, Heather Murray Latin, Kristen K. Ellard, Jacqueline R. Bullis, Kate H. Bentley, Hannah T. Boettcher, Clair Cassiello-Robbins Unified Protocol for Transdiagnostic Treatment of Emotional Disorders.

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