

Example Form 5.1b: 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.

Situation: *Friend cancels plans*

Emotion(s): *sad, embarrassed*

Physical Sensations
(what you're feeling in your body)

*Lump in my throat
Fatigue*

Thoughts (what you're thinking)

*Of course she doesn't
want to hang out with me—
I'm so lame*

*I might as well go to bed
early*

Behaviors (what you're doing, what you
feel like doing)

*Ruminate about what I
did to upset my friend*

Go to bed at 8 PM