

## Form 5.1: Three-Component Model

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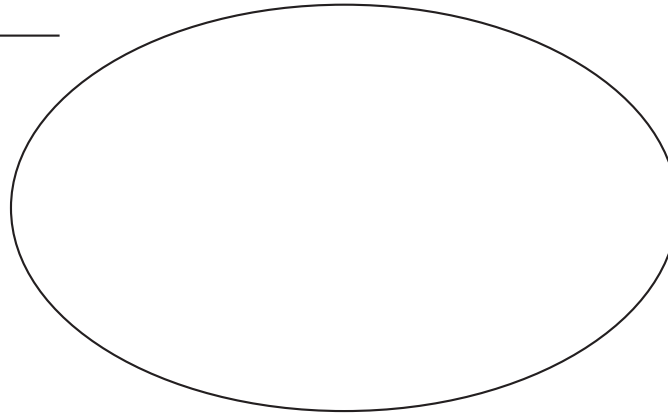
Situation:

\_\_\_\_\_

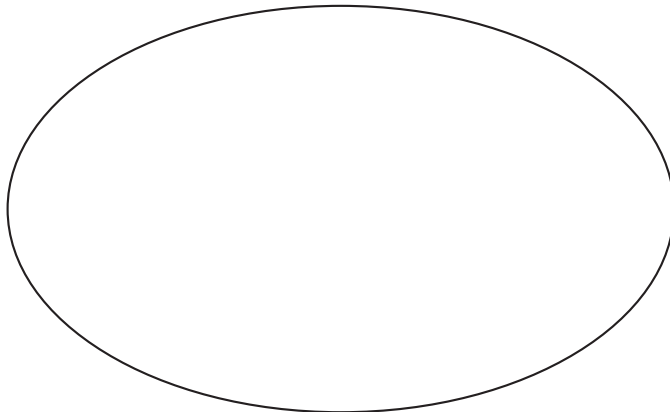
Emotion(s):

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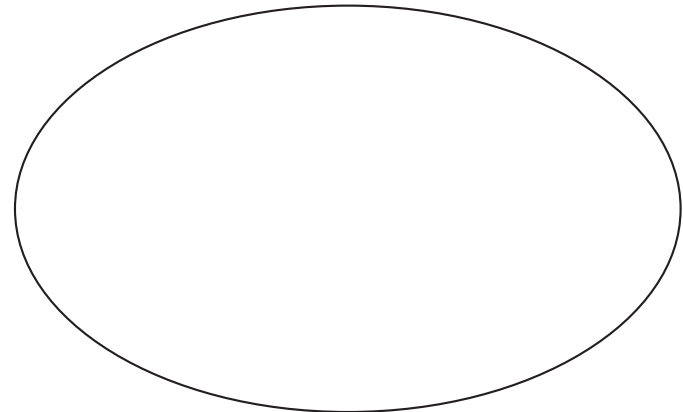
**Physical Sensations**  
(what you're feeling in your body)

A large, empty oval shape intended for recording physical sensations.

**Thoughts (what you're thinking)**

A large, empty oval shape intended for recording thoughts.

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

A large, empty oval shape intended for recording behaviors.

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Jacqueline R. Bullis, Kate H. Bentley, Hannah T. Boettcher, Clair Cassiello-Robbins  
Unified Protocol for Transdiagnostic Treatment of Emotional Disorders.  
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