

### Example Form 5.1a: Three-Component Model

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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: *Late for the bus*

Emotion(s): *Anxiety*

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

*Heavy breathing  
Faster heart rate  
Dizzy*

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

*This is so uncomfortable  
  
If I get on this bus, I'm going  
to have a panic attack  
  
It's happening—I'm  
definitely going to panic*

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

*Walking to work instead*