Relevant Childhood Data		
Core Beliefs		
Core Bellets		
Conditional Assumptions / Attitudes / Rules (If then)		
Coping Strategies		
Situation	Situation	Situation
Automatic thought	Automatic thought	Automatic thought
Meaning of Automatic Thought	Meaning of Automatic Thought	Meaning of Automatic Thought
Emotion	Emotion	Emotion
Behaviour	Behaviour	Behaviour