

Cognitive Behaviour Therapy (CBT) model (with example)

Situation / event	Thoughts	Feelings	Behaviours
Work presentation	<p>I can't do it. I can't give this presentation - everyone will know I am really nervous and it will be a disaster. I am going to make a fool of myself. What's wrong with me? Why do other people find this easy? Maybe I'll just ring in sick or ask my boss to do it (avoidance).</p>	<p>Worried, anxious, scared, can't concentrate, dry throat, heart pounding, butterflies in stomach, dizzy, shallow breathing, sweating.</p>	<p>Flushed, forgets words, stutters, low energy. Safety behaviours – avoids eye contact, reads from slides instead of looking at the audience.</p>
	<p>I don't enjoy giving presentations but this is a great opportunity and I am going to try and do my best. I am going to prepare as much as possible and be as positive as I can.</p>	<p>Bit anxious, but feeling prepared, alert and ready to go.</p>	<p>Performs well. Energy high and body language is positive. Ready for unexpected questions. Good eye contact.</p>
	<p>I am really confident and this is a fantastic opportunity to boast about my achievements to an audience.</p>	<p>Too relaxed.</p>	<p>Body language is overconfident and not prepared for questions.</p>