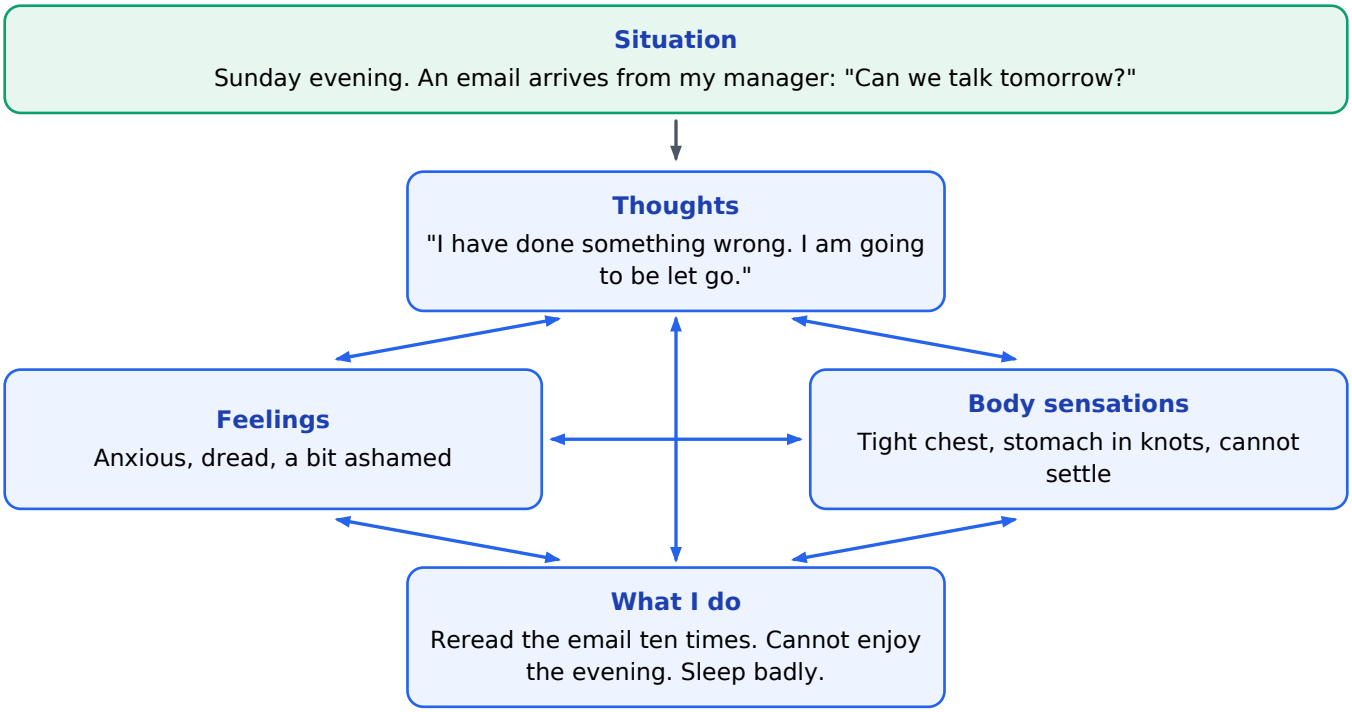
The five areas: how it all links up

Thoughts, feelings, body and behaviour all affect each other.

When something difficult happens, we react in four connected ways: what goes through our mind, what we feel, what happens in our body, and what we do. Each one affects the others, so a small change in one area can shift the whole pattern.

An example



What the example shows

- The thought ("I am going to be let go") is a guess, but the body reacts as if it were a fact.
- The tight chest and churning stomach seem to confirm that something is wrong, which makes the thought more convincing.
- Rereading the email and lying awake keep attention locked on the threat, so the anxiety stays high.

Why this matters

Because the areas are linked, a change in any one of them affects the others. Testing a thought, calming the body or doing something different can each ease the whole pattern.

The five areas model was developed by Chris Williams. It builds on the "hot cross bun" model of Christine Padesky and Kathleen Mooney.

My notes and questions

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My five areas map

Pick one recent moment when your mood changed, and map what happened.

Name _____ Date _____

Situation

Where was I? Who was there? What happened?

Thoughts

What went through my mind?

Feelings

What emotions? How strong (0 to 10)?

Body sensations

What did I notice in my body?

What I do

What did I do, or avoid doing?

What do I notice when I look at this map? Which area might be easiest to change?

If a friend were in this exact situation, what would I say to them?

Based on the five areas model developed by Chris Williams.

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