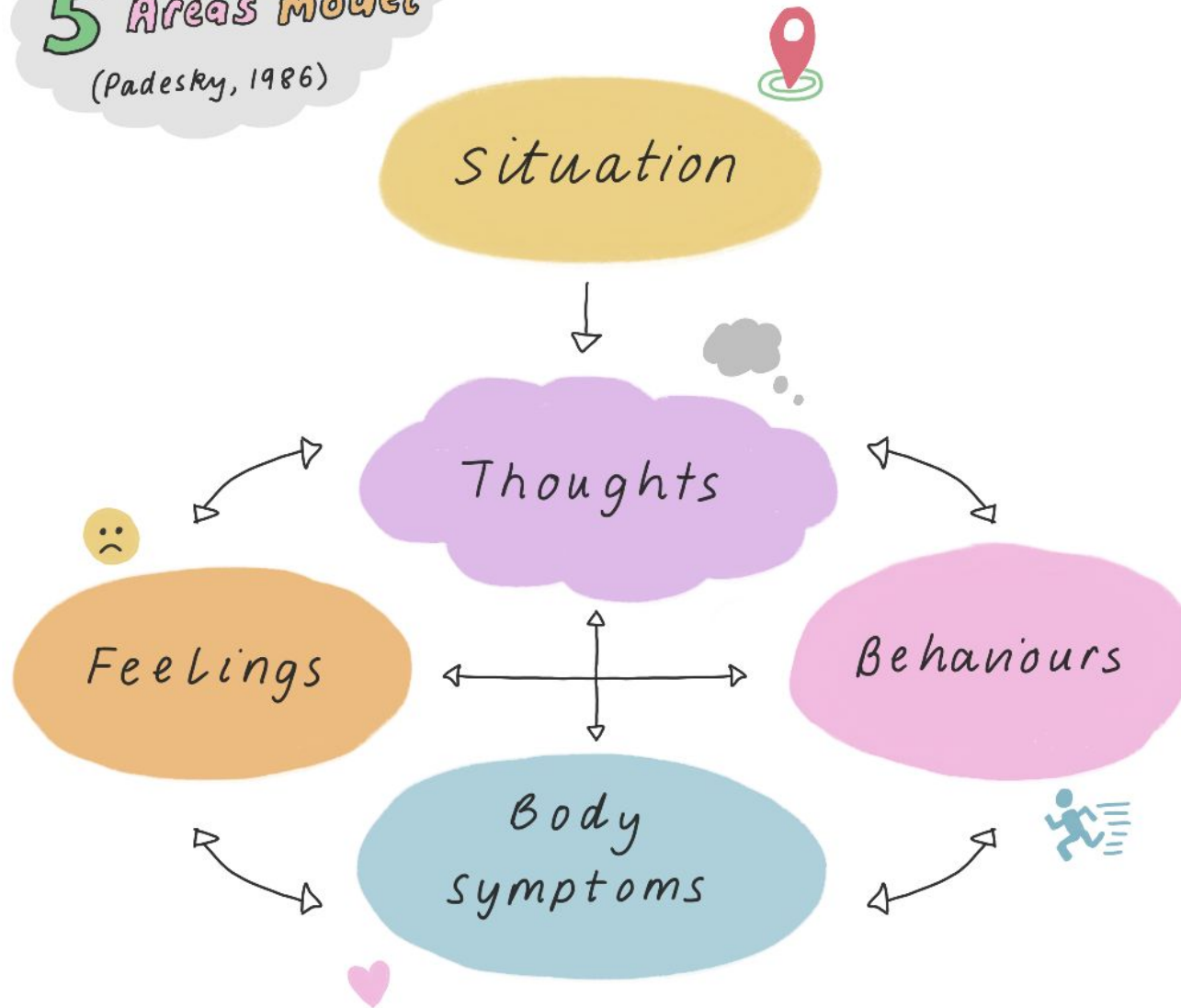


5 Areas model

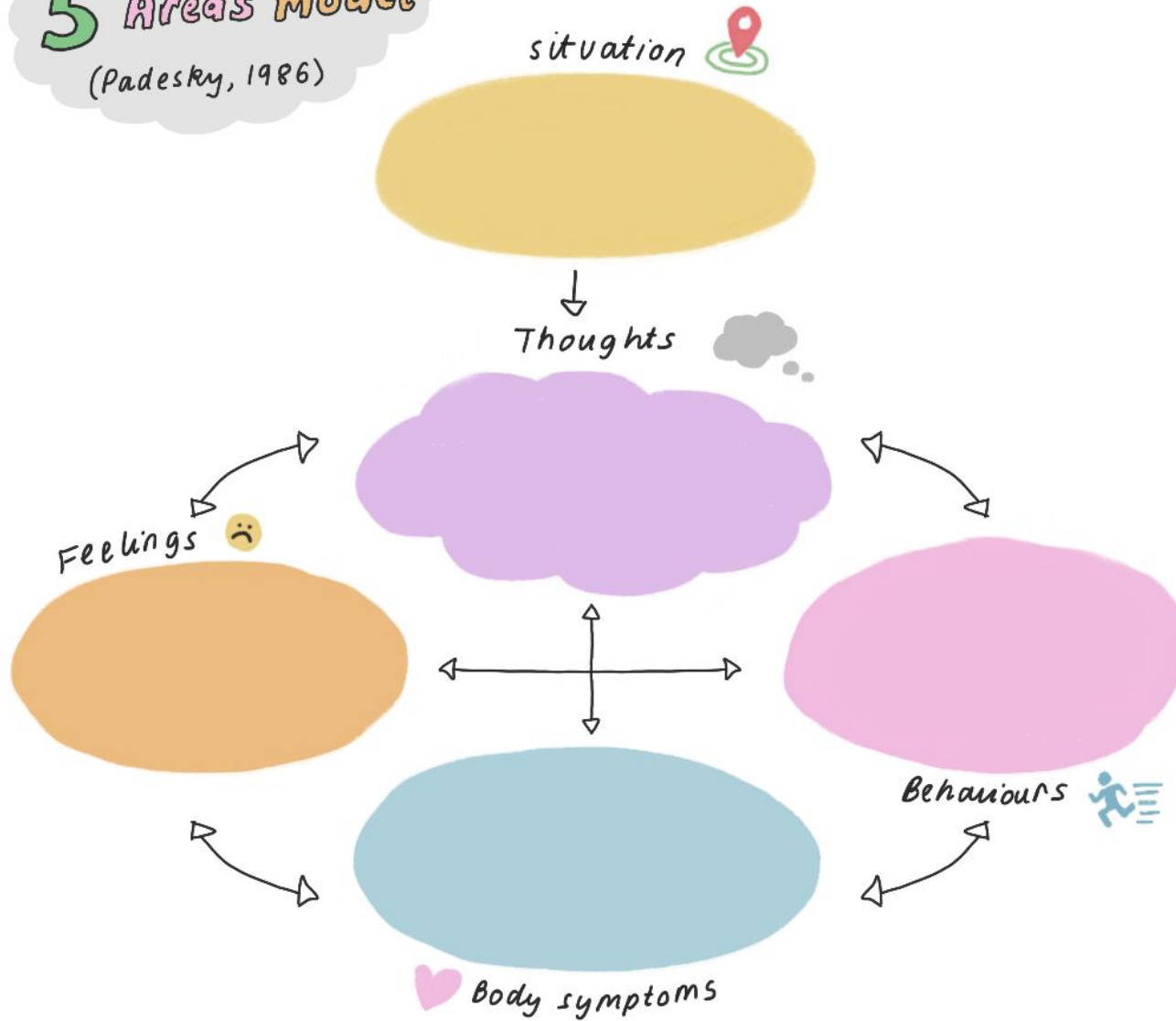
(Padesky, 1986)



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5 Areas model

(Padesky, 1986)



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5 Areas Model (Padesky, 1986)



Situation
I'm about to give a presentation



Thoughts

what if I mess up?

I can't do it!!

everyone will laugh at me

Feelings

really strong!!



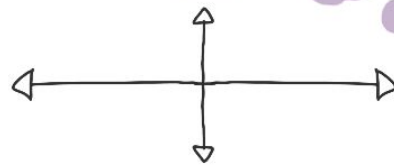
scared



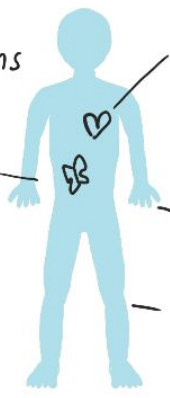
panic



sad



Body Symptoms



Heart beating fast

Butterflies in my stomach

sweating

shaking

Behaviours



avoid eye contact

escape

illustration by @trainee-psych-scribbles

5 Areas Model
(Padesky, 1986)

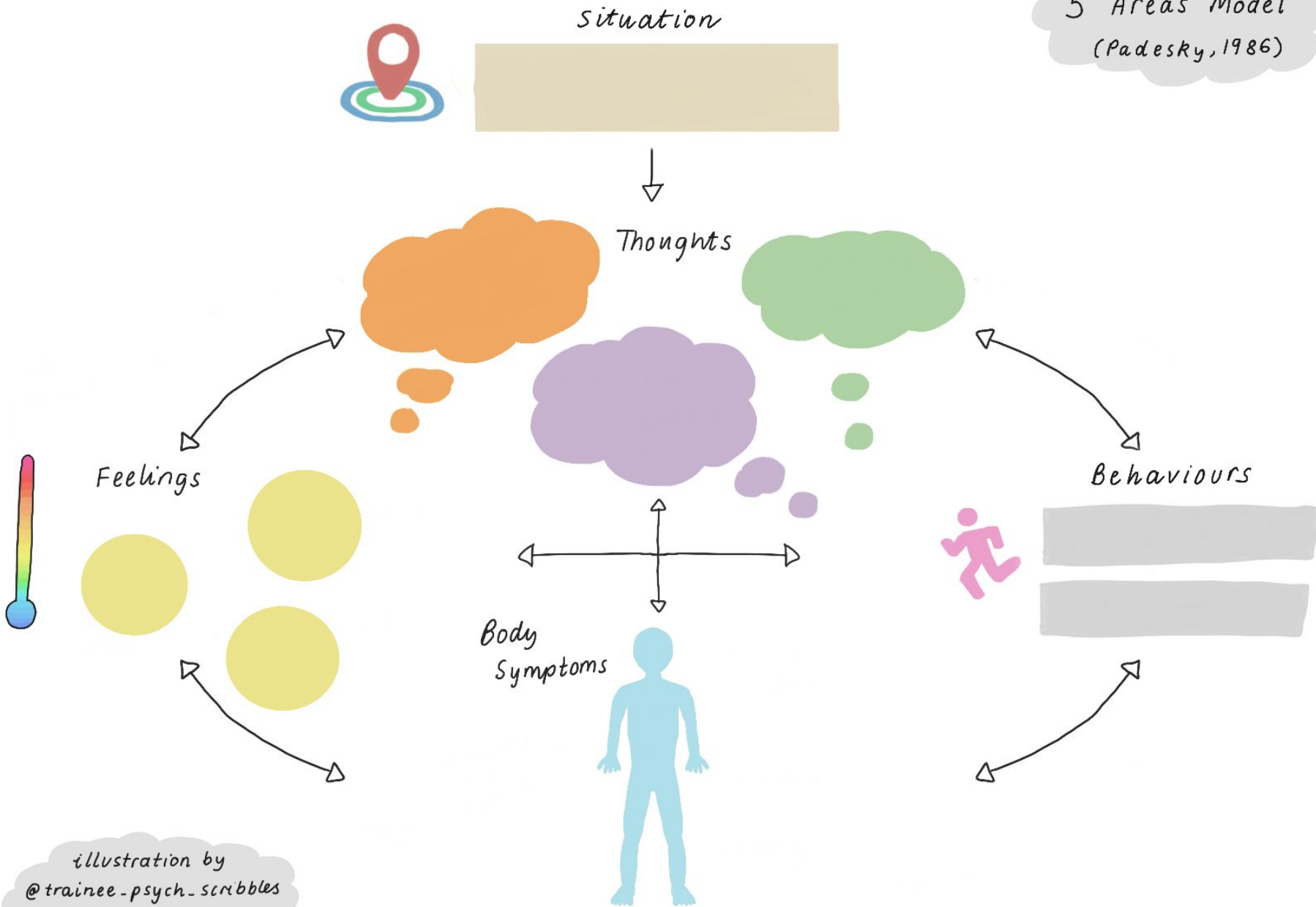


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