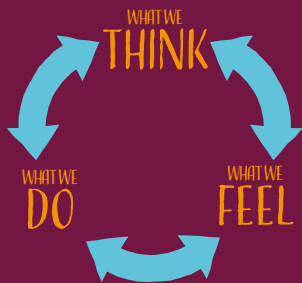


# Connect THE COGNITIVE-BEHAVIOURAL APPROACH TO WELLBEING

Cognitive Behavioural Therapy (CBT) describes how our thoughts (beliefs), feelings (emotions and body sensations), and actions (what we do) are all connected. Difficulty in one area may spill into other areas leading to feeling as though you're spiralling out of control. Connect 5 equips us to help others break this *vicious cycle*.



## The Vicious Cycle

Use this Vicious Cycle model (a.k.a. *The Five Areas Model*) to help other people better understand their situation, their thoughts/beliefs, their emotions (feelings), body sensations, and how they are behaving or acting.

