Longitudinal Formation:

Predisposing - Experiences from childhood that led to the behavior

Precipitating - Beliefs about the behavior

Presenting - Events leading to behavior

Perpetuating - Internal rules adhered to when thinking about the behavior

Positives - Results, whether positive or negative, when behaving per their internal rules

Situation

Automatic Thought

Emotion

Behavior

Sensations

Protective Factors

New Rules For Living