



Your World's Perspective in BALANCE

5 ASPECTS MODEL Worksheet

Adapted from Padesky and Beck's
Models

Deeply ingrained Schemas

Beliefs about self, others
and the world

Situation
Where? When? Who with? What happened? How?

Triggered to 85% Recognition

15% New Cognitions to be
processed

Thoughts & Images
What went through my mind at that time? What disturbed me? If I had those
thoughts/images/memories – what did that say or mean about me or the situation?

Thoughts about Self, Others and World
eg. "I think I'm not good enough"
"I think they hate me"
"I think I'm not lovable"
"The world is a horrible place"

Body / Physical sensations
What did I notice in my body? What did I feel? Where did
I feel it?

eg. "Headaches"
"Stomach ache"
"Sweating"
"Palpitations"
"Shaking"
"Became aroused"

Moods / Emotions
What emotion did I feel at that time? What else?
How intense was that feeling? (0 – 100%)

How I remembered feeling in past situations

Behaviours / What I did or didn't do
What helped me cope and get through it? What didn't I do or what did I avoid doing? What
automatic reactions did I have? What would other people have seen me doing?

Learnt behaviours from past experiences
eg. "I ran away"
"I avoided conflict, the person or situation"
"I sulked, cried, slept, ate, drunk or smoked or hurt myself"