

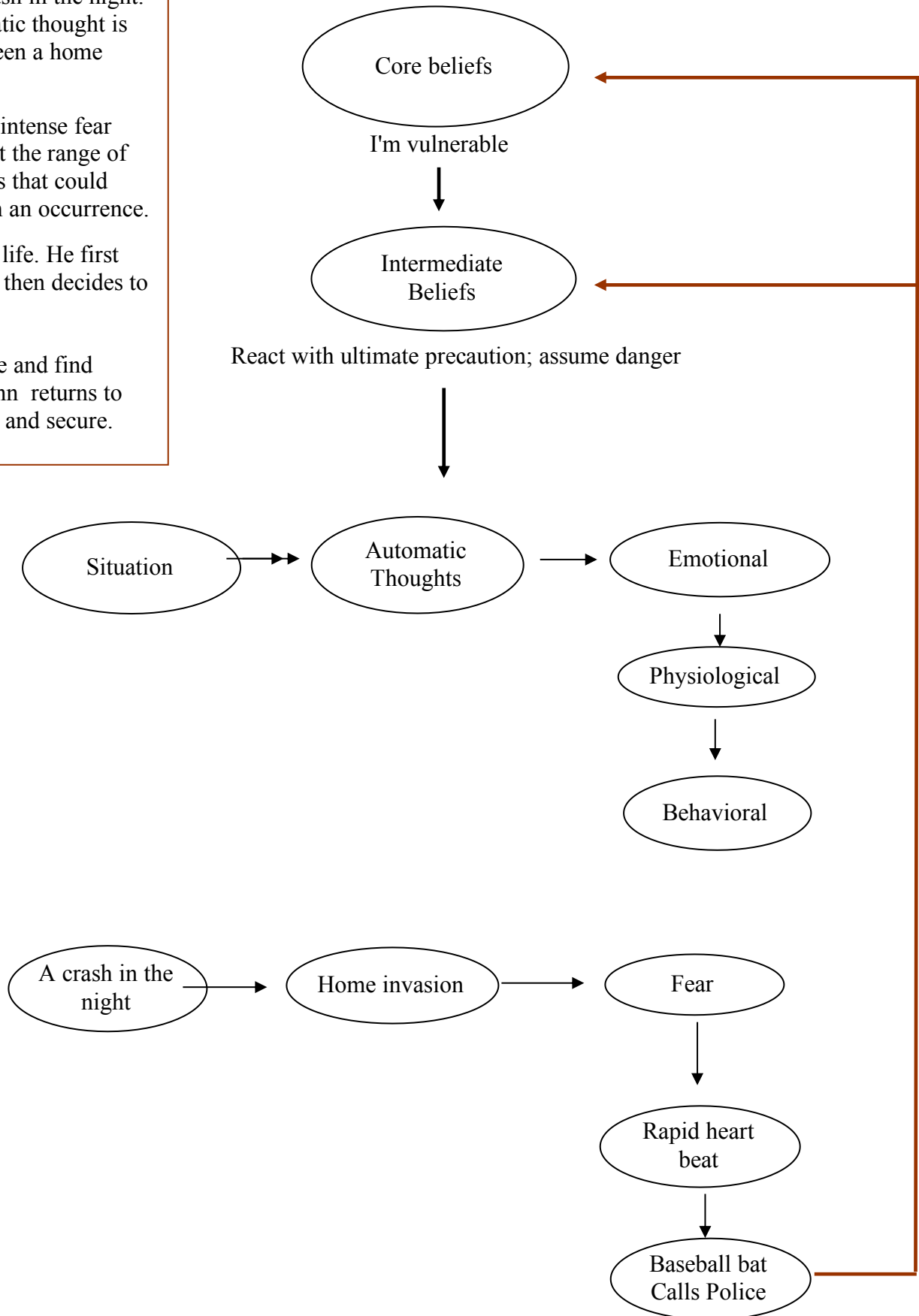
COGNITIVE AND BEHAVIORAL MODEL

John hears a crash in the night. His first automatic thought is that there has been a home invasion.

He experiences intense fear and thinks about the range of possible dangers that could result from such an occurrence.

He fears for his life. He first grabs a bat. But then decides to call the police.

The police come and find nothing, and John returns to bed feeling safe and secure.



Disorder Reinforcing Loop