

STRESS

Automatic Thoughts

Negative Physical Symptoms

THE
NEGATIVE STRESS CYCLE

Negative Moods & Emotions

Maladaptive Behavior

and/or

Stressor: _____

Automatic Thought / Worry: _____

Negative Moods & Emotions noticed: _____

Maladaptive / Unhealthy Behaviors: _____

Negative Physical Symptoms: _____