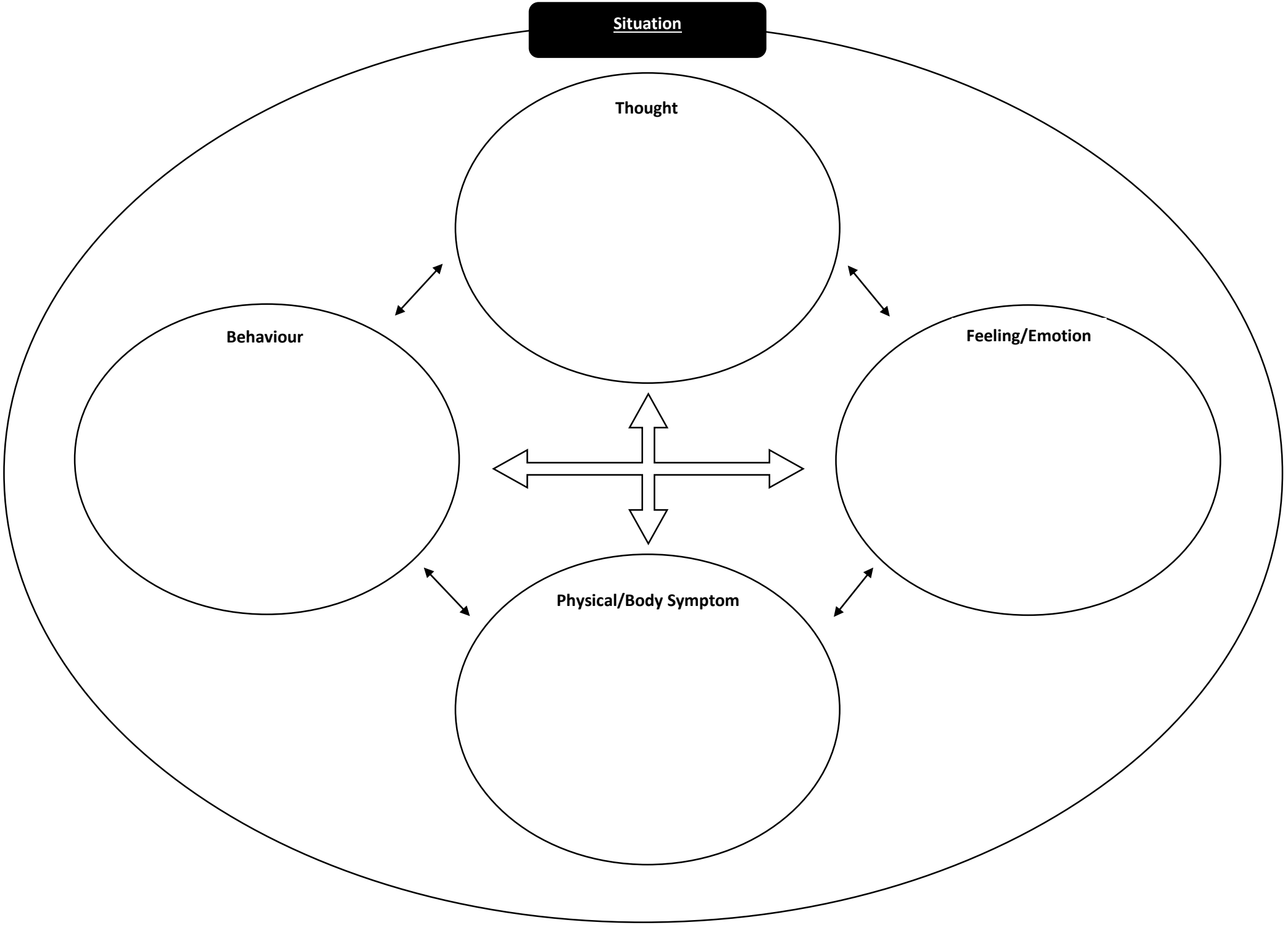
Situation
Thought
Behaviour
Feeling/Emotion
Physical/Body Symptom