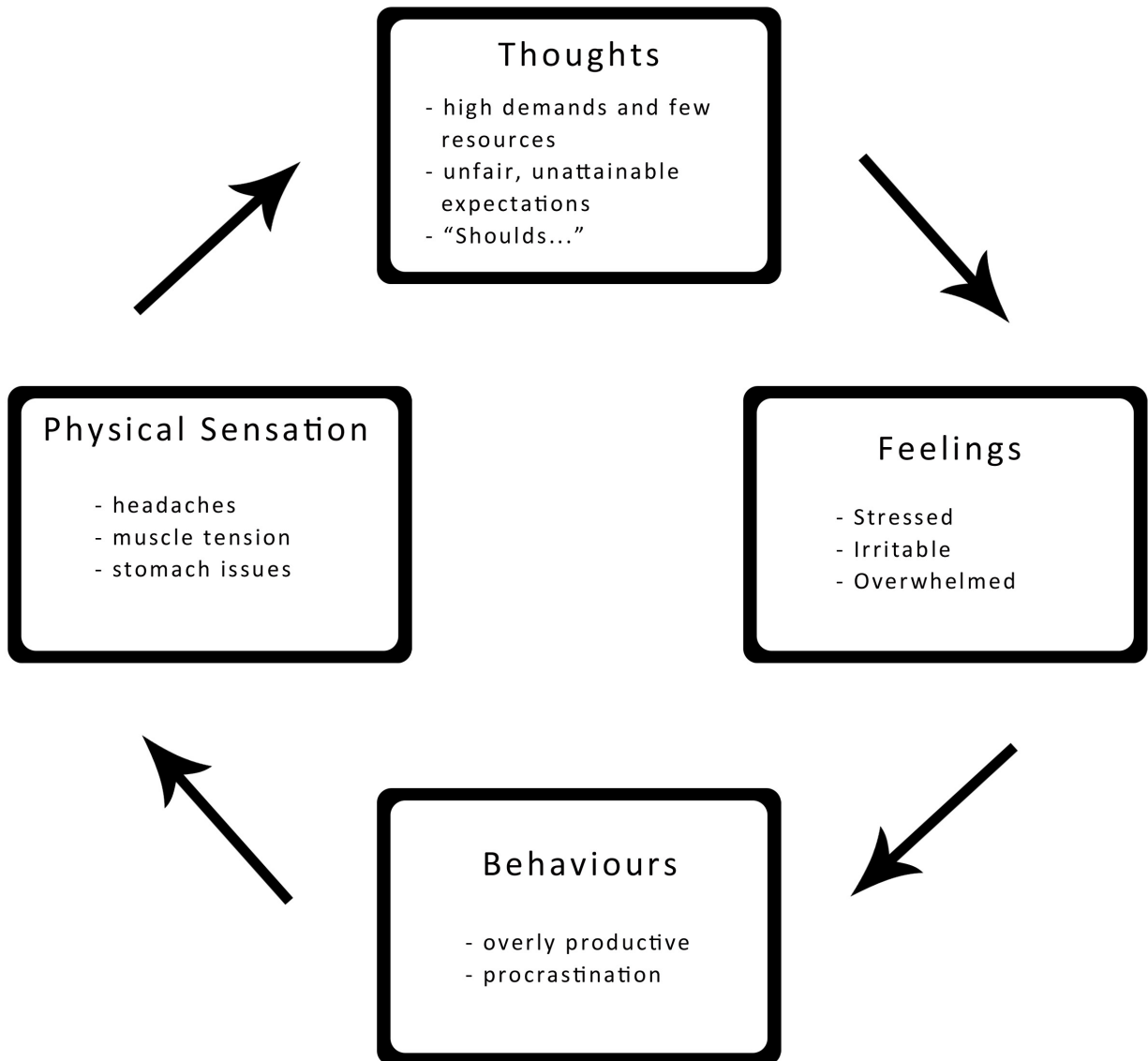


FREE CBT 4:

The Cognitive Model for Stress



Your Symptom Fingerprint

Use this blank copy of the cognitive model to reflect on how your stress “looks.” Fill in the different boxes to understand yourself.

