

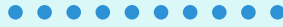
THE DEPEND MODEL TEMPLATE ®

Pablo Calal

DEFINE THE SITUATION

HOW DO YOU FEEL?

Name the feeling



Antagonist

PERSPECTIVE



YOUR THOUGHTS



YOUR BEHAVIOUR



what's **the connection** between your thoughts and behaviour?

EVIDENCE

How **accurate** are these thoughts?

What **proof** do you have?

Are these beliefs **serving you well**?

NICE

The most **constructive/ nourishing** interpretation

DO

Actions