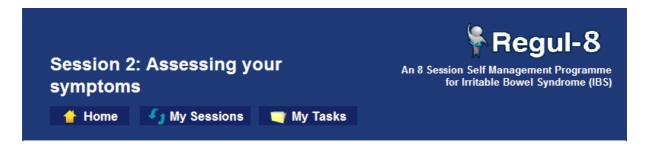


## 5) Your Personal Model

Let's begin looking at your behaviours.

Below is a list of behaviours that might be familiar to you. If you do the these behaviours seem familiar you can write your own by selecting of	
Note that you can only choose a maximum of three bel	naviours
1. I skip meals when I have symptoms	
I avoid exercise when I have symptoms     I avoid social events	
4. I check for toilets as soon as Larrive somewhere new	
5. I spend a long time on the toilet straining if I am constipated	
6. I check stools after I have been to the toilet	
7. I often change what I eat in response to my symptoms 8. None of these behaviours apply to me	
9. I want to write my own behaviour	
<b>♦</b> <u>Back</u> <u>Next</u> <b>♦</b>	
	Copyright 2009 <u>University of Southampton</u>

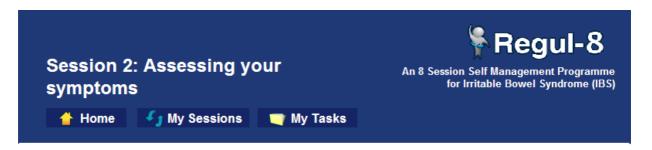


## 5) Your Personal Model

Select any thoughts that are related to that behaviour or write your own. **Note that you can only choose a maximum of 2 thoughts** 

Behaviour	Associated thought	
3. I avoid social events.	If I go out I might have an accident.	
	2. People might overhear me if I go to the toilet	
	3. I might not know where the toilets are.	<b>~</b>
	4. I might pass wind in public.	
	5. I might not be able to cope if my symptoms are bad when I am out.	
My own thoughts:		
♣ <u>Back</u>	<u>(</u> <u>Next</u> ▶	

Copyright 2009 University of Southampton



## 5) Your Personal Model

For your behaviour and thoughts, select any **emotions** that are related to that behaviour or write your own.

Behaviour	Associated thought	Associated emotion	
3. I avoid social events.	3. I might not know where the toilets are.	1. Depressed	~
		2. Sad	<b>~</b>
		3. Anxious	
		4. Embarrassed	~
		5. Worried	
		6. Scared	
		7. Ashamed	
My own emotion:			
	♦ <u>Back</u>	Next 🗼	

Copyright 2009 University of Southampton

