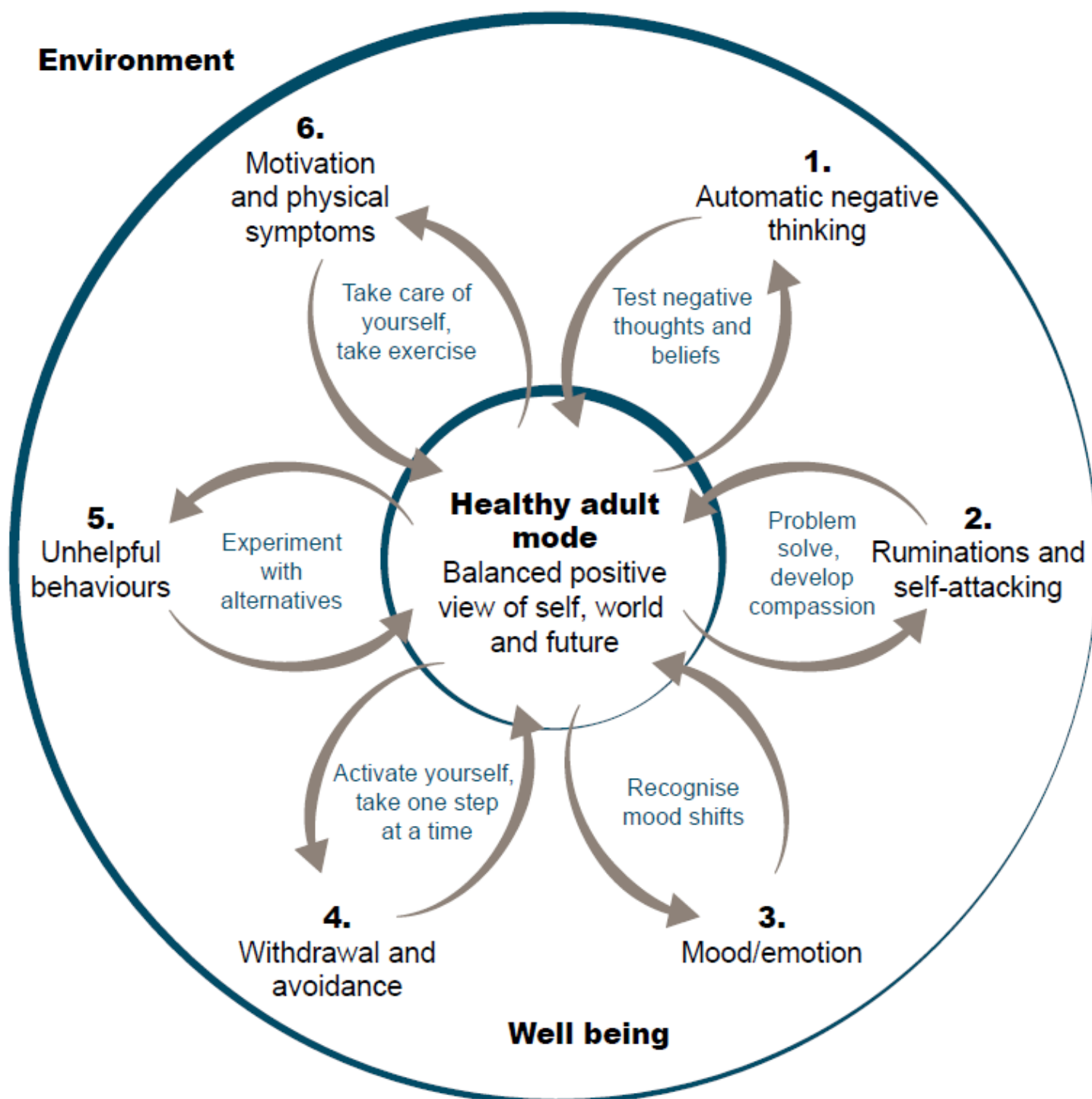


Example of a vicious flower



A vicious flower model example

Event: A woman went to the corner shop and was help up for her handbag and holds unhealthy beliefs.

Challenges that could be added to the vicious flower:

Centre of vicious flower: Core belief	
Unhealthy mode	Healthy mode
Cognitive triad Self: I am weak World: The world is dangerous Future: Nothing will change	Even strong people would be cautious Everyone I have told has offered support It is a one off event
Petals: strategies reinforcing the core belief	
Problem: 1. Automatic negative thinking <ul style="list-style-type: none"> ▪ It's my fault ▪ I should not have gone out 2. Ruminations and self-attacking <ul style="list-style-type: none"> ▪ I think about this all the time ▪ I am weak as I did not take action 3. Mood/emotion <ul style="list-style-type: none"> ▪ Feel down ▪ Feel anxious 4. Withdrawal and avoidance <ul style="list-style-type: none"> ▪ I don't have the energy to do anything ▪ I don't want to feel anxious going out 5. Unhelpful behaviours <ul style="list-style-type: none"> ▪ Constantly checking for safety 6. Motivation and physical symptoms <ul style="list-style-type: none"> ▪ Focus on pounding heart ▪ Give reasons for no action 	<ul style="list-style-type: none"> ▪ Even strong people are mugged ▪ I have gone out for years and been fine ▪ Focusing on past events does not overcome trauma ▪ Under the circumstances this was sensible ▪ Keep active ▪ Recognise but don't act on emotions ▪ Do things anyway to get back to normal ▪ Do one step at the time ▪ Drop safety behaviour ▪ Understand the symptoms ▪ Do things anyway