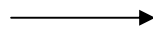
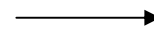


CUE



RESPONSE



CONSEQUENCE

INTERNAL

- Cognitive: Thoughts
- Memories
- Images
- Emotion or Feeling
- Physical: Tiredness
- Pain
- Hunger
- Medication

EXTERNAL

- Social
- Interpersonal: Relationships
- Environmental: Temperature
- Location
- Specific Object: Image of food
- Smell of food

THOUGHTS



FEELINGS

BEHAVIOUR

POSITIVE

NEGATIVE

VALUE

POWER

TIME