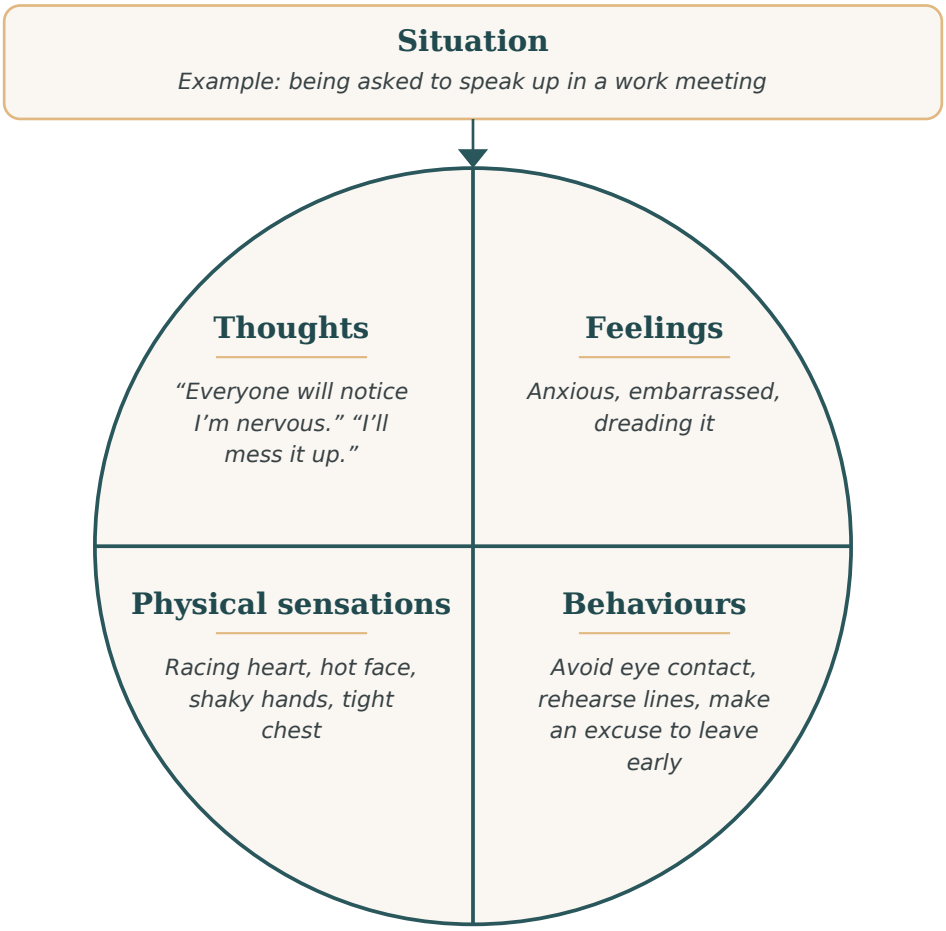
The Hot Cross Bun Model

Understanding how your thoughts, feelings, body and actions connect

The hot cross bun model (from cognitive behavioural therapy) shows how five areas of our experience are linked: the situation, and our thoughts, feelings, body and actions. A change in one area ripples into the others — an anxious thought can bring a racing heart, which leads to avoiding something, which makes the worry feel even more true. The good news is the cycle works the other way too: a small change in any one area can help the others ease.



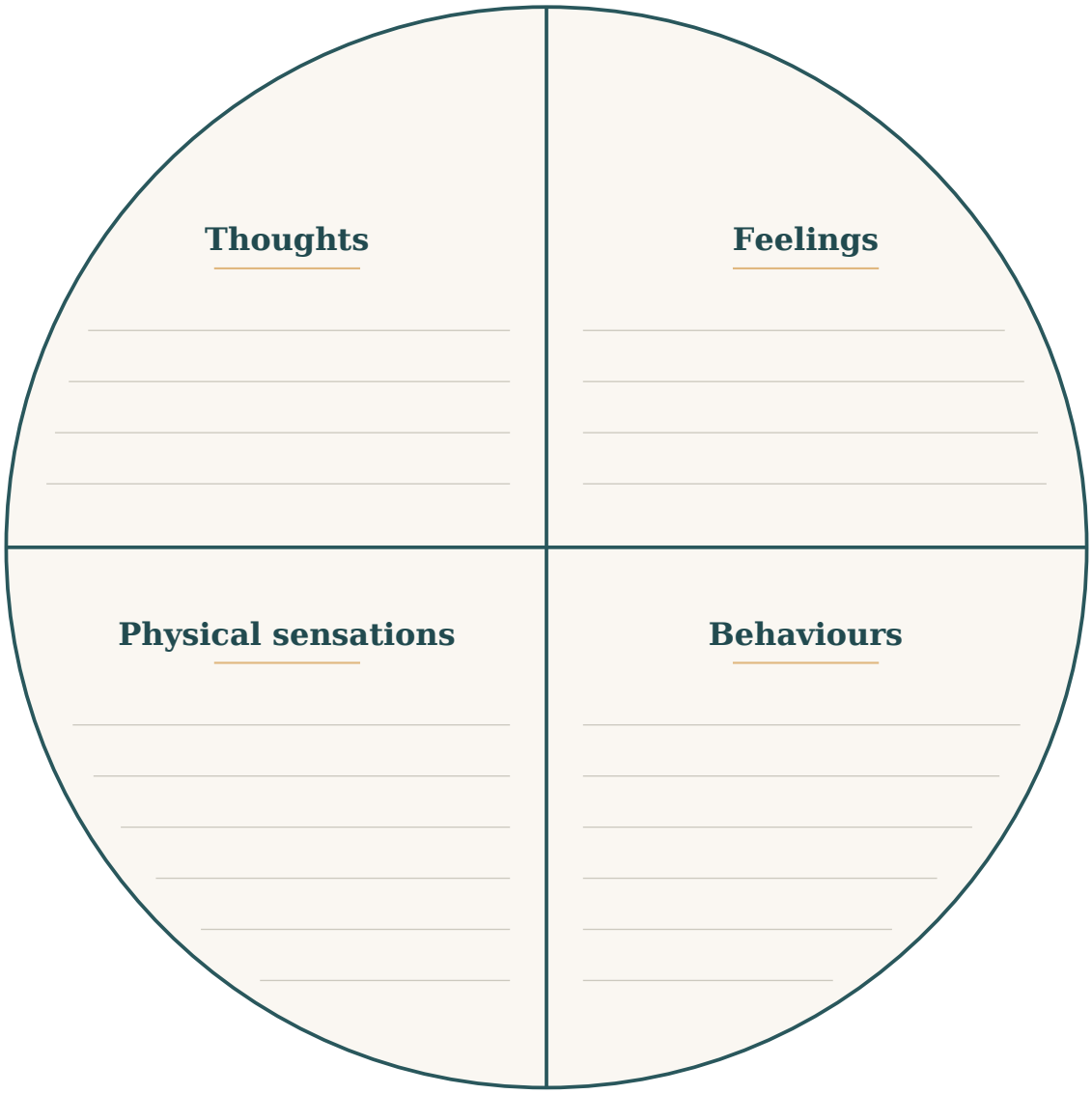
How to use this worksheet

1. Think of a recent moment that felt difficult. Write the situation at the top of page 2.
2. Fill in the four areas of the bun: what you thought, felt, noticed in your body and did.
3. Notice the links — how did one area feed into another?
4. On page 3, for each of the five areas (including the situation), note your symptoms and the tools or interventions that help. Some example ideas are given — use what fits for you.
5. Bring it to your session if you'd like to explore it together.

My hot cross bun

Situation

Where was I? Who was there? What was happening?



My symptoms and coping strategies

For each area, note what you notice — then the tools and interventions that help.

Situation

trigger

My triggers
Where was I? Who was there? What happened?

Tools / interventions
e.g. planning ahead, spotting early warning signs, asking for support, problem solving

Thoughts

cognitive area

My cognitive symptoms
What goes through my mind?

Tools / interventions
e.g. noticing thinking traps, challenging the thought, balanced alternatives, thought record

Feelings

emotional area

My emotional symptoms
What emotions do I feel?

Tools / interventions
e.g. naming the feeling, self-compassion, talking to someone, journaling

Physical sensations

physical area

My physical symptoms
What do I notice in my body?

Tools / interventions
e.g. slow breathing, grounding (5-4-3-2-1), muscle relaxation, movement

Behaviours

behavioural area

My behavioural symptoms
What do I do — or avoid doing?

Tools / interventions
e.g. graded exposure, activity scheduling, dropping safety behaviours