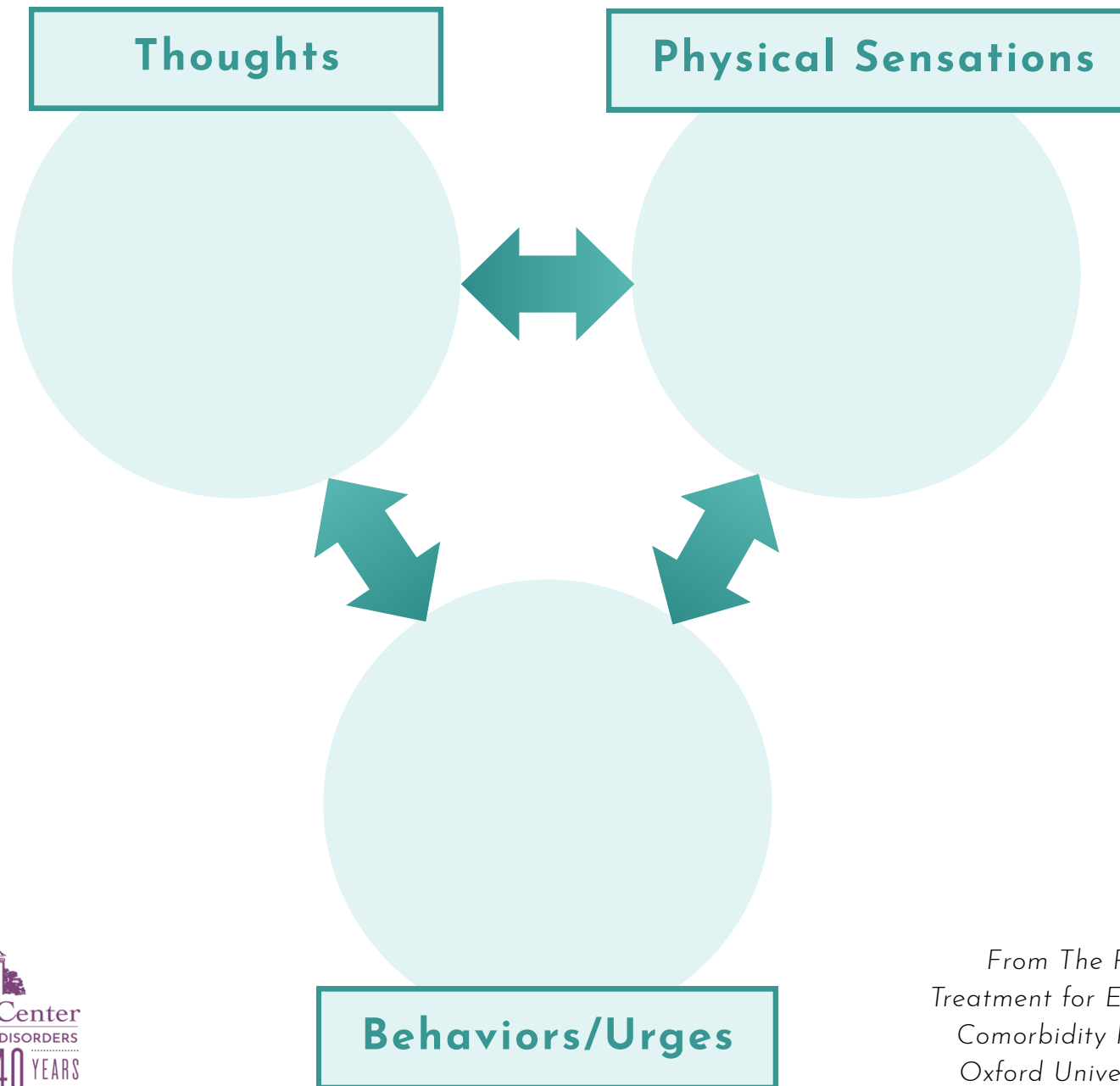


THREE COMPONENT MODEL



*From The Renfrew Unified
Treatment for Eating Disorders and
Comorbidity Patient Workbook:
Oxford University Press (2021).*

THE ARC OF AN EMOTIONAL EXPERIENCE

Emotions =					
Date & Time	Antecedents (Situations & Triggers)	Responses			Consequences (What Happened Next?)
		Thoughts	Physical Sensations	Behaviors & Urges	

From *The Renfrew Unified Treatment for Eating Disorders and Comorbidity Patient Workbook*:
Oxford University Press (2021).



For more support, please call 1-800-RENFREW, email alumni@www.renfrewcenter.com, or text 610-465-1421.

DECISIONAL BALANCE

	Cons/Costs	Pros/Benefits
Change	Why don't you want to change? What are the costs of changing?	Why do you want to change? What are the benefits of changing?
Stays the Same	What are the costs of staying the same?	What are the benefits of staying the same?

From *The Renfrew Unified Treatment for Eating Disorders and Comorbidity Patient Workbook*:
Oxford University Press (2021).

