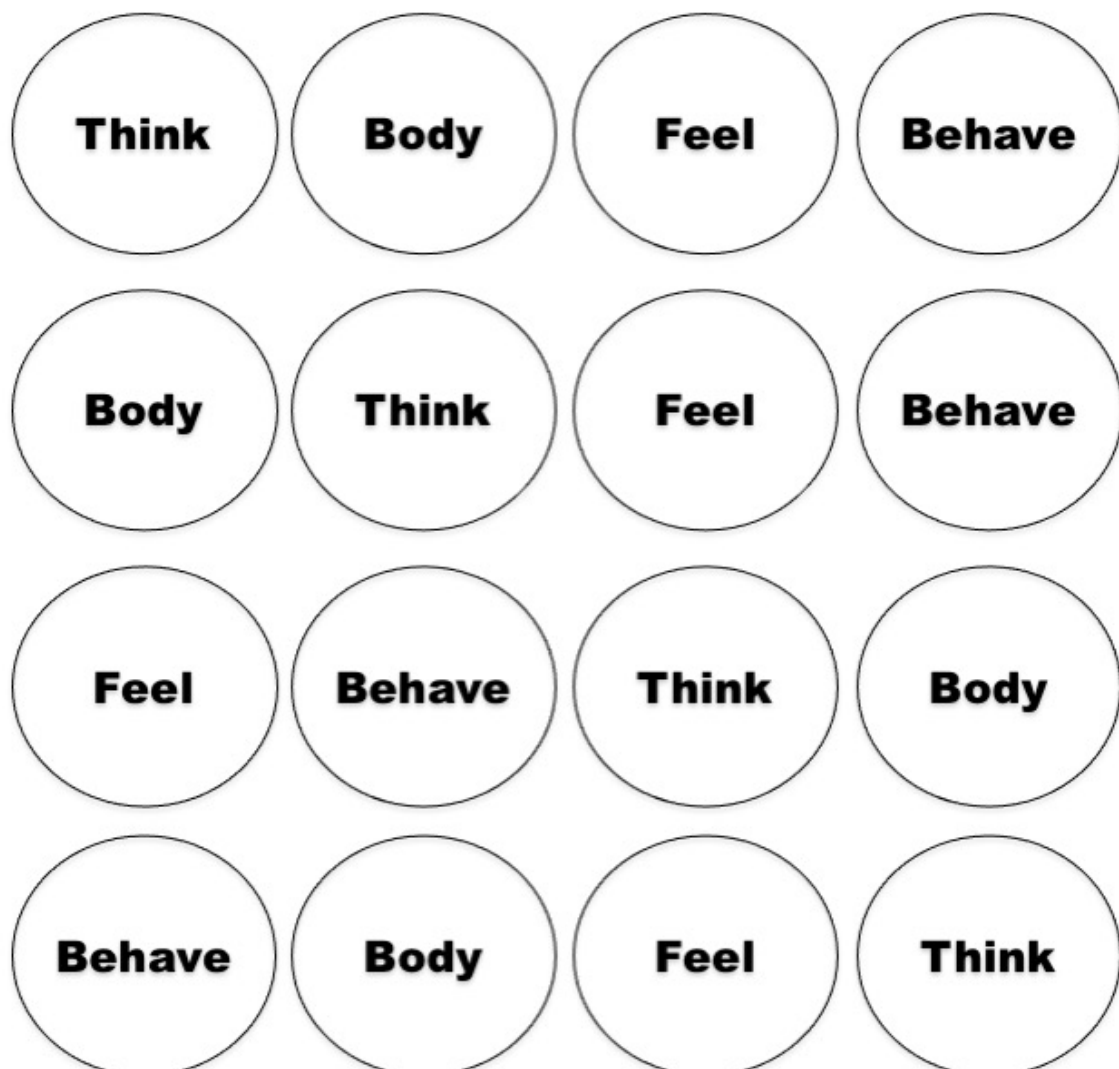


My Pattern Style:

Consider the following patterns – therapists should have no problem recognising them, and understanding what they mean.

- The first presents depression/anxiety thinking that turns on the threat response and influences emotional upset and self-sabotaging behaviour
- The second presents anxiety as a physical issue where the threat response is always on and is influencing negative predicting and causing upset and self-sabotaging.
- The third represents low mood (chemical depression / PMT / fatigue / Illness / etc) which influences self-sabotaging or self-limiting or self-defeating behaviours which in turn influence negative reasoning and the threat response pumping up.
- The fourth represents self-sabotaging behavioural habits, (avoidance, procrastination, self-medicating, lashing out, sulking... etc), that pairs with pumping up our threat response, and drives negative thinking and emotional upset.



My materials use this consistent imagery throughout, because brains love key ideas and visuals, and clients quickly and easily learn to understand these patterns and what they represent too, so that they can better separate and unpack their perception and life experience.