

The diagram consists of five cloud-like shapes arranged in a circle, connected by curved arrows indicating a clockwise cycle:

- Top-right (light blue):** What was the trigger?
- Right (pink):** What was I thinking?
- Bottom-right (purple):** What was I feeling?
- Bottom-left (light blue):** What did I do as a result of these feelings?
- Left (teal):** Helpful thoughts to cut this cycle
- Top-left (grey):** Helpful behaviours to cut this cycle

Arrows connect the shapes in a clockwise cycle: from the top-right to the right, right to bottom-right, bottom-right to bottom-left, bottom-left to left, left to top-left, and top-left back to top-right.