



Five Aspects / Hot Cross Bun Model - Padesky

The following Cognitive Behavioural Therapy Worksheet will enable you to reveal to yourself what you need to work on to release yourself of the behaviour, habit or addiction that you wish to stop. This is a simple but very very powerful exercise.

Instructions

- 1: Download & print the worksheet or copy its format on a A4 piece of paper.
- 2: Set your intention for the exercise by writing about the negative situation or event that you want to look at in detail. Do this in the top box where it says "Situation / Event".
- 3: Complete the other 4 boxes in any order you wish. Be as detailed as possible. In these boxes you are given the chance to write about your thoughts, feelings, behaviour or sensations before, during and after the event or situation. By breaking it down we can understand our triggers and weaknesses. Then you will have a clear picture on what to work on next.
- 4: Review your answers and decide what you need to work on next.

Are your negative thoughts about your body causing you to fail of your healthy eating plan? Do you need to jump to one of our "Feel Beautiful" sessions or courses?

Are you stressed? Heightened stress levels tend to cause imbalances in hormones like cortisol, DHEA and adrenaline. ... When cortisol levels increase, the cells of our body can become resistant to insulin. In turn, this may lead to an increase in blood sugar, weight gain and potentially Type 2 Diabetes. Do you need to go to our "Calm & Secure" section and find a course?

Please note that what you need may be in another section of our app / website. Be open to what you need to delve into next so that you can get to the root of the problem and solve it once and for all.

- 5: Go to the relevant section in the Operation Goddess Membership Area or App and find the perfect next session or course.
- 6: If you can't find what you need or require further guidance email our program creator & head Hypnotherapist Claire Anstey at anstey@operationgoddess.com. She will then be able to work with you to create the perfect program for your needs.

Operation Goddess
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