development & maintenance of distressed states

* after a series of distressed episodes e.g. in recurrent depression, external triggers become less important

genetic tendencies

parents and family

experiences growing up

coping style

life events

life situation

behaviours

recent triggers*

change loss, illness

conflict trauma, threat

relationships

believes

vulnerability factors

triggering factors

maintaining factors

body state

future hopes

* after a series of distressed episodes e.g. in recurrent depression, external triggers become less important