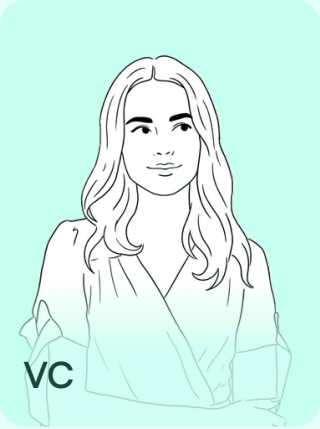


Vicious Circle

This tool generates a vicious circle diagram for the patient. It guides the patient through five questions about the situation, thoughts, emotions, behavior, and consequences. By providing these answers, the patient and the therapist can visually map the interactions between these different elements, helping to identify and change problematic thought and behavior patterns.

Number of questions	5 questions
Estimated duration	5 minutes
Language	English
Original name	Cercle vicieux

Preview of the 5 questions

Situation

Describe the situation that worries you or that triggered negative emotions.

Be as specific as possible about the circumstances, the people involved and anything else relevant.

Thoughts

Identify the thoughts that go through your mind when you think about this situation.

Thoughts are the ideas or beliefs that go through your mind in response to the situation. They can be positive, negative or neutral. For example, if you had an argument with a friend, your thoughts might include things like 'It's my fault', 'They don't like me', or 'I'm a bad friend'.

Emotions

Identify the emotions you feel in connection with this situation.

Try to describe your emotions as precisely as possible. For example, if you had an argument with a friend, you might feel anger, sadness, frustration, guilt, or even fear.

Behavior

Describe the actions or reactions you had in response to this situation.

This can include physical actions, such as talking to someone or avoiding a situation, as well as emotional reactions such as crying, shouting, or withdrawing.

Consequences

Identify the consequences of your reaction to this situation.

This can include the effects on your mood, your relationships, your self-esteem, or any other direct or indirect consequence. For example, if you avoid a social situation because of a negative thought, the consequence might be a feeling of loneliness or isolation.

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Scoring & interpretation

Scoring example

Scoring

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