

# CTFAR MODEL

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*Circumstances*

can trigger

*Thoughts*

cause

*Feelings*

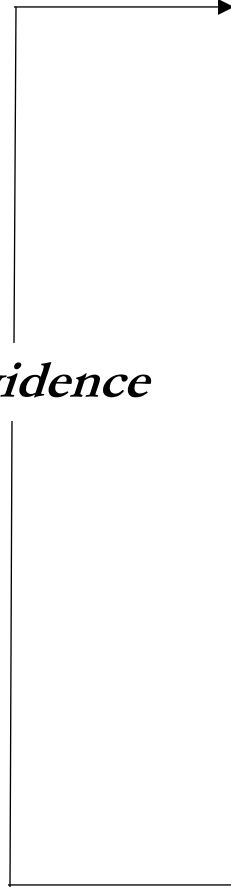
cause

*Actions*

cause

*Results*

*Evidence*



# CTFAR MODEL

*Go back through your thought download and problem reveal and categorize and model one of the main problems. Decide where it goes in the model and then fill in the rest. Use the attached four blank models to categorize four additional problems from your download.*

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## ***Thought***

## ***Feeling***

## ***Action***

## ***Result***



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