## **Model for Describing Emotions** Maladaptive Primary Emotions Preexisting Vulnerability Factors Interpretation (Thoughts/beliefs about prompting event) **Biological Changes** Brain changes Expressions (neural firing) Attention/Awareness Face and Body Language Nervous system changes (facial expression, posture, (internal body changes **Prompting Event** gestures, skin color) that affect muscles Emotion and autonomic system Name Words firing-blood vessels, heart rate, temperature) (what you say) Awareness Actions Experiences (your behavior) Body sensations (feelings) Action urges