Angry self	Sad self
Thoughts	Thoughts
Body	Body
Behaviour	Behaviour
Memory	Memory
Outcome	Outcome
Anxious self	Compassionate self
AllAlous sell	Compassionate sen
Thoughts	Thoughts
Thoughts	Thoughts
Thoughts Body	Thoughts Body
Thoughts Body Behaviour	Thoughts Body Behaviour
Thoughts Body Behaviour Memory	Thoughts Body Behaviour Memory