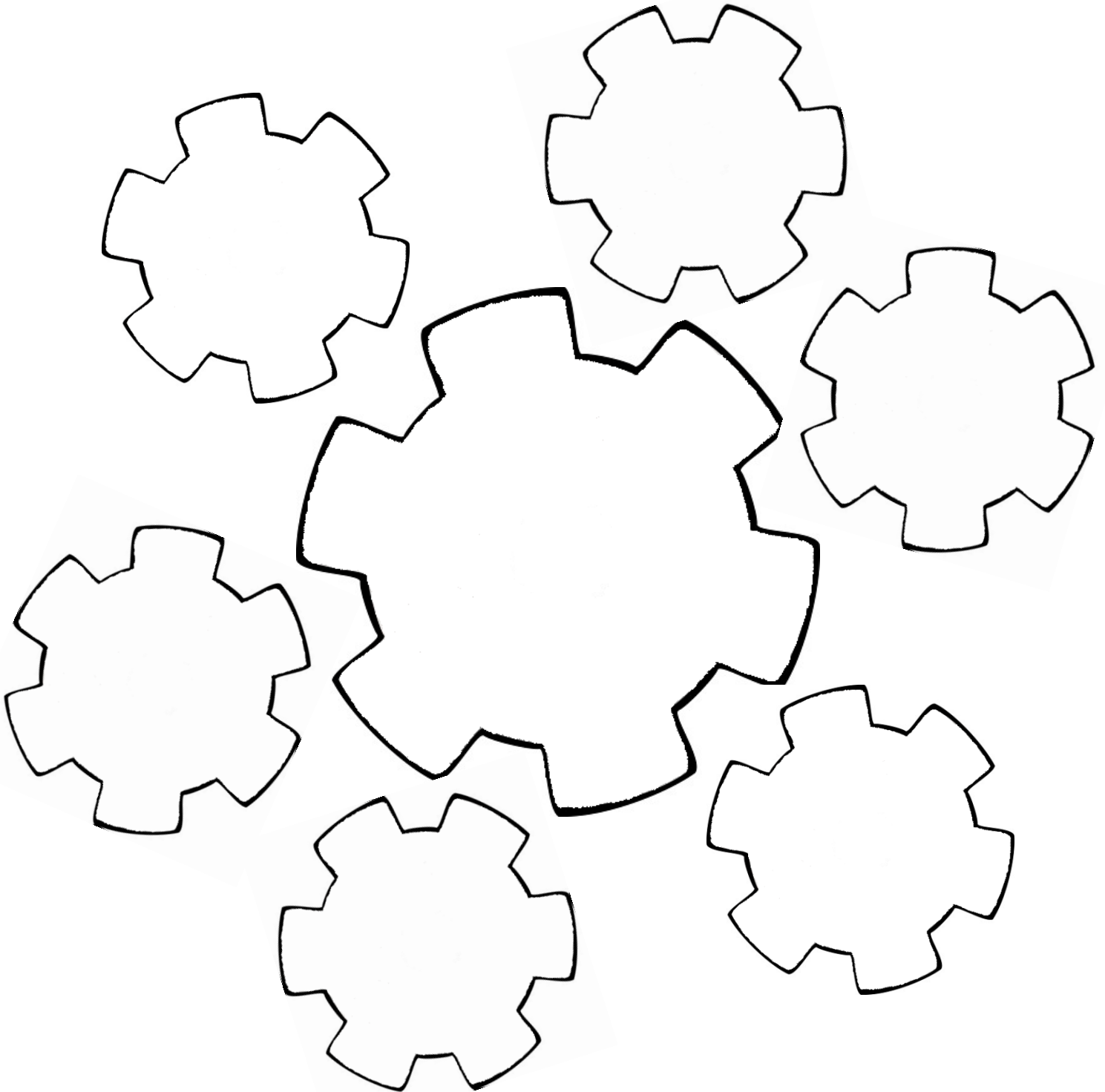


Cogs Formulation



'Cogs' is a variation of the 'Vicious Flower': The main central cog is the distressing emotion, or an unhelpful belief. Smaller cogs are the 'vicious cycles' which keep the central cog going – and help maintain the problem. The treatment targets are therefore individual smaller cogs.