

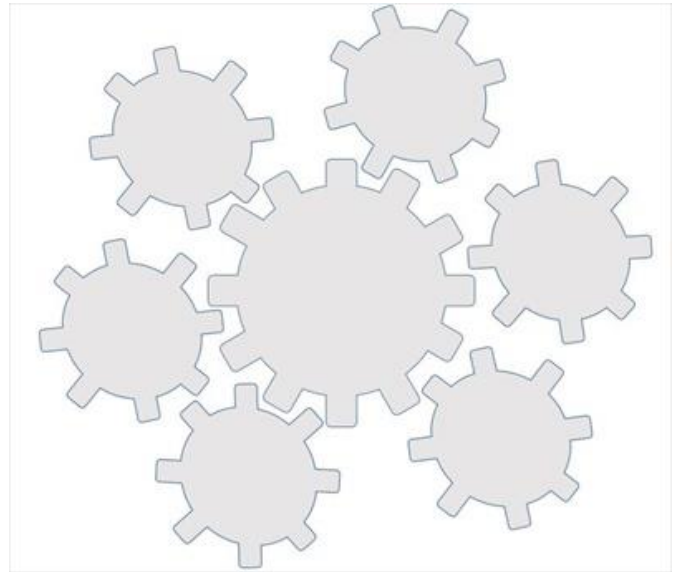
## VICIOUS COGS

In order to make effective positive change in our mental wellbeing, it is essential to look at the factors which help to keep our problem going. Once we've identified those factors, we can then target each factor and start to make positive changes.

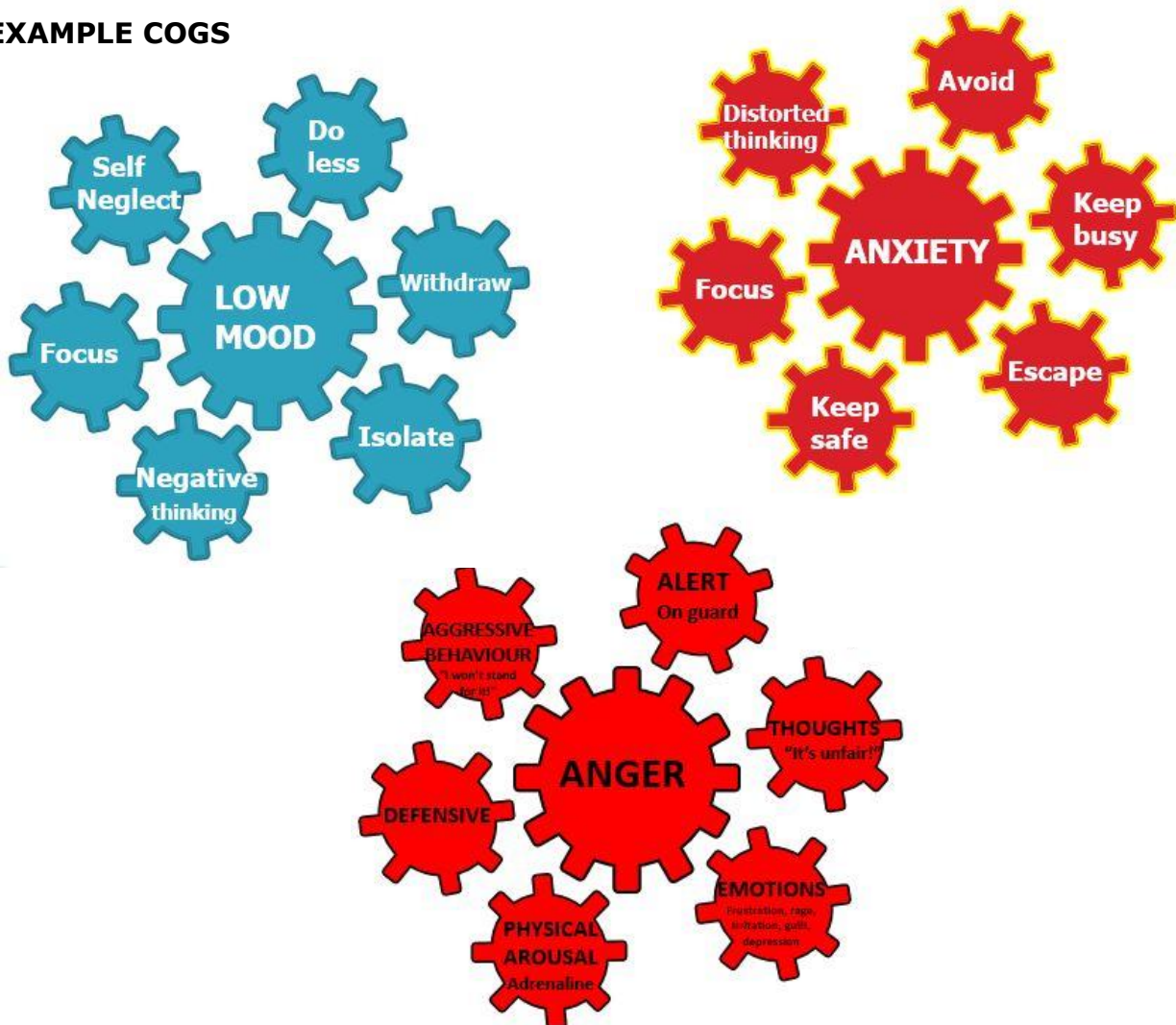
Cogs is a variation of the "vicious flower". Using the example of a simple clockwork mechanism, we can see how the smaller cogs keep the large central cog turning. If there's a problem with any of the cogs, then the whole mechanism will grind to a halt.

We can therefore use this process to help us deal with our mental health problem. If our main problem is "anxiety", then we can write "anxiety" inside the large central cog. Then we can identify each factor than helps keep the anxiety going.

In order to reduce and deal with the anxiety, we need to target and make positive helpful changes in each of those smaller cogs.



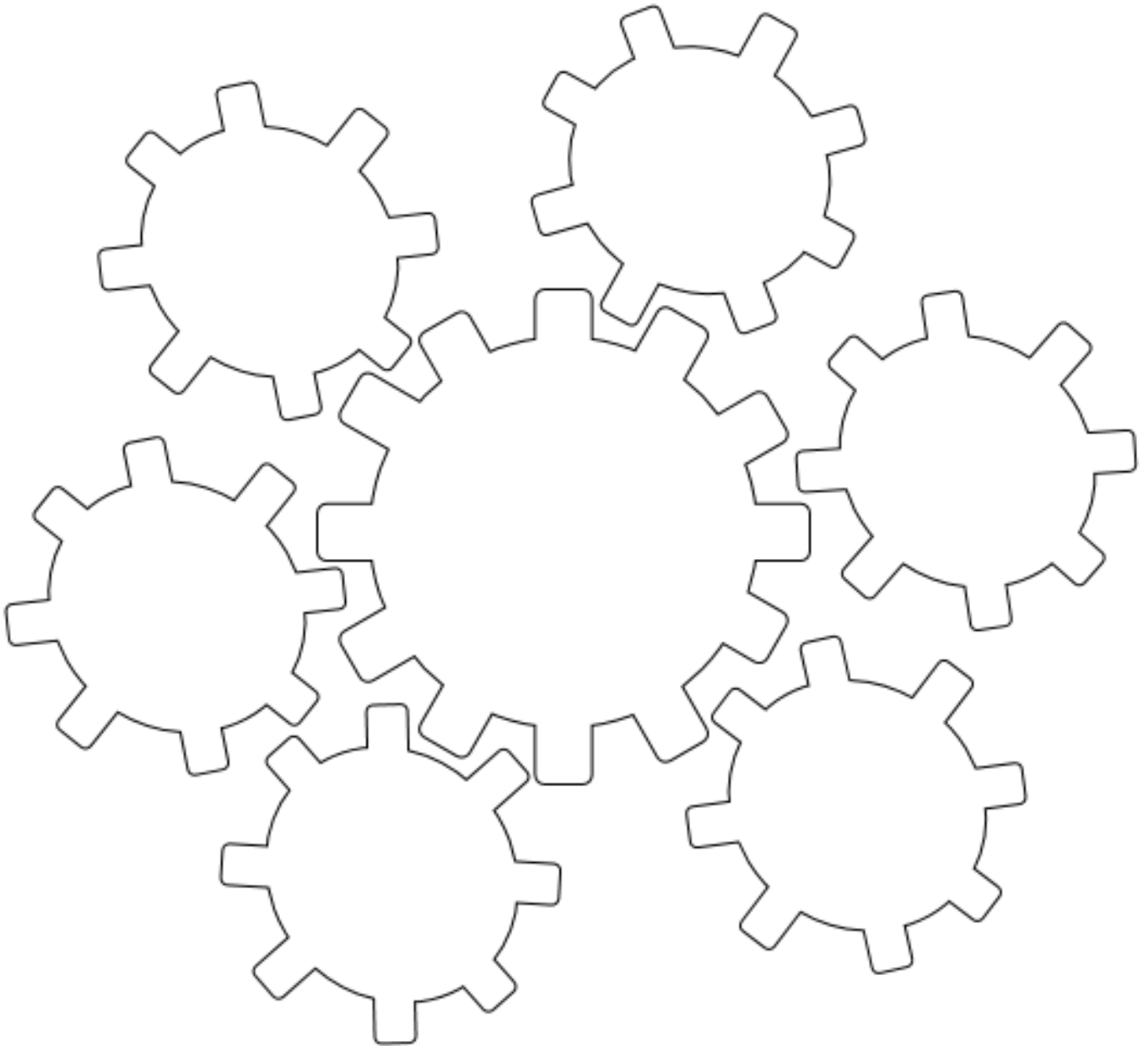
## EXAMPLE COGS



## VICIOUS COGS

Write the name of your problem (e.g. anxiety, depression, OCD etc) in the large middle cog. You can also substitute an unhelpful belief (e.g. "I'm a failure") in the large middle cog.

Write all the factors (unhelpful things you do or unhelpful ways of thinking) in the smaller surrounding cogs.



Take each smaller cog, and identify ways of making positive changes. You can work up to these changes gradually, so it may help to write down the steps on the way to achieving your goal for each cog.