CBT-INFORMED

Five-Part Moment Map

Turn one difficult moment into a shared, testable formulation.

FOR	Teens and adults	**TIME**	15-25 min

Choose one specific moment. Capture what happened, what the mind said, what the body signalled, what emotion showed up, and what happened next. The aim is curiosity, not finding a single correct explanation.

HOW TO USE

Complete this tool collaboratively or review it together afterward. Adapt language, pace, and format to the person's formulation, culture, access needs, capacity, risk, and preferences.

TOPICS: Anxiety / Depression / Formulation

01

Anchor the moment

Use a brief, observable description rather than the whole story.

Where were you, who was present, and what happened?

Example: I opened the email after lunch and saw the subject line.

What part of the moment felt most important?

Name the detail your attention locked onto.

02

Map the five parts

The parts influence each other. None of them is the enemy.

Mind - words, images, memories, predictions

What did your mind offer immediately?

Body - sensations and activation

Where did you notice it and how strong was it, 0-10?

Emotion - name and intensity

Use more than one word if needed.

Action - what you did, wanted to do, or avoided

Include what happened in the next few minutes.

03

Choose a useful opening

Look for one part of the map that could shift by five percent.

What makes sense about your response in context?

Start with validation.

Which link might be most workable right now?

Mind, body, emotion, action, or environment.

One small experiment

What will you try, when, and what will you observe?

> *After the experiment, return to this map. What changed, what stayed the same, and what did you learn?*