

Accessible description of the image 'Example of a completed TRAP model'

Flow diagram showing the different stages of the TRAP model with client example provided

Box 1: What happened?

Whilst out her baby cries and she notices irritable glances from others

Box 2: Effect

Experiences stress as a reaction to the negative glances

Box 3: Behaviour

Jenna went home and avoided going out again the next day.

Box 4: Short-term impact

By staying home, she is relieved that she hasn't had to deal with her anxiety about the possible judgements from others

Long-term impact

Stuck inside with no social interaction for her or her baby. Feels lonely, a little bit angry with others for not being understanding, worried about how or when she'll be able to get out again.