

Accessible description of the image 'TRAP model explained'

Flow diagram showing the different stages of the TRAP model with guidance provided to assist clients working through each stage.

Box 1: What happened?

Assist your client in identifying the situations / events which trigger their low mood and impact the way they then act/respond to them.

Box 2: Effect

Discuss what the impact is for them, how does it make them think, feel, act?

Box 3: Behaviour

What was your client's reaction? What did she say, think, feel, do, to manage the situation, to enable her to cope, to carry on?

Box 4: Short-term impact

How did it feel 'in the moment'? Did it bring a sense of relief; did it enable you to get something done?

Long-term impact

How did it feel later on, when your client had the opportunity to look retrospectively at the situation and see the long term effects?