**Vulnerability Factor**

Excessive Need for Freedom, Choice, Action, and "Getting Results"—MUST REACH GOALS AND PERSONAL STANDARDS AT ALL COSTS

**Specific Stressors/Precipitators**

External or internal events or situations which block person from reaching goals or meeting personal standards (e.g., CEO of company blocks person from the position he/she must have; disease, disability, and/or deterioration interferes with person's ability to engage in goal-directed activity)

**Other Cognition**

Belief that cannot overcome obstacles—impediments to goals viewed as immovable or irreversible

**Negative Triad**

Negative view of the self, future, and the world

**Symptoms of Autonomic Depression**

Belief that other options or paths to goals are shut-off

Belief that it is unacceptable to relinquish or change goals