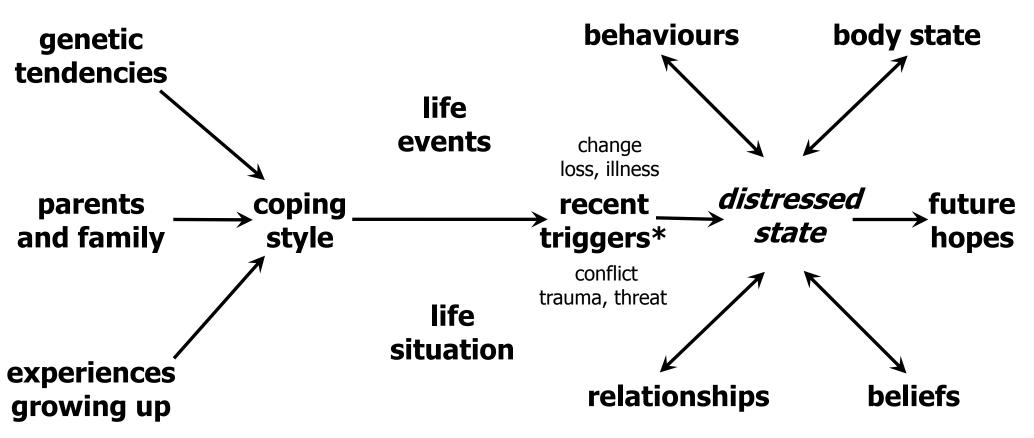
development & maintenance of distressed states

* after a series of distressed episodes e.g. in recurrent depression, external triggers become less important



vulnerability factors triggering factors maintaining factors