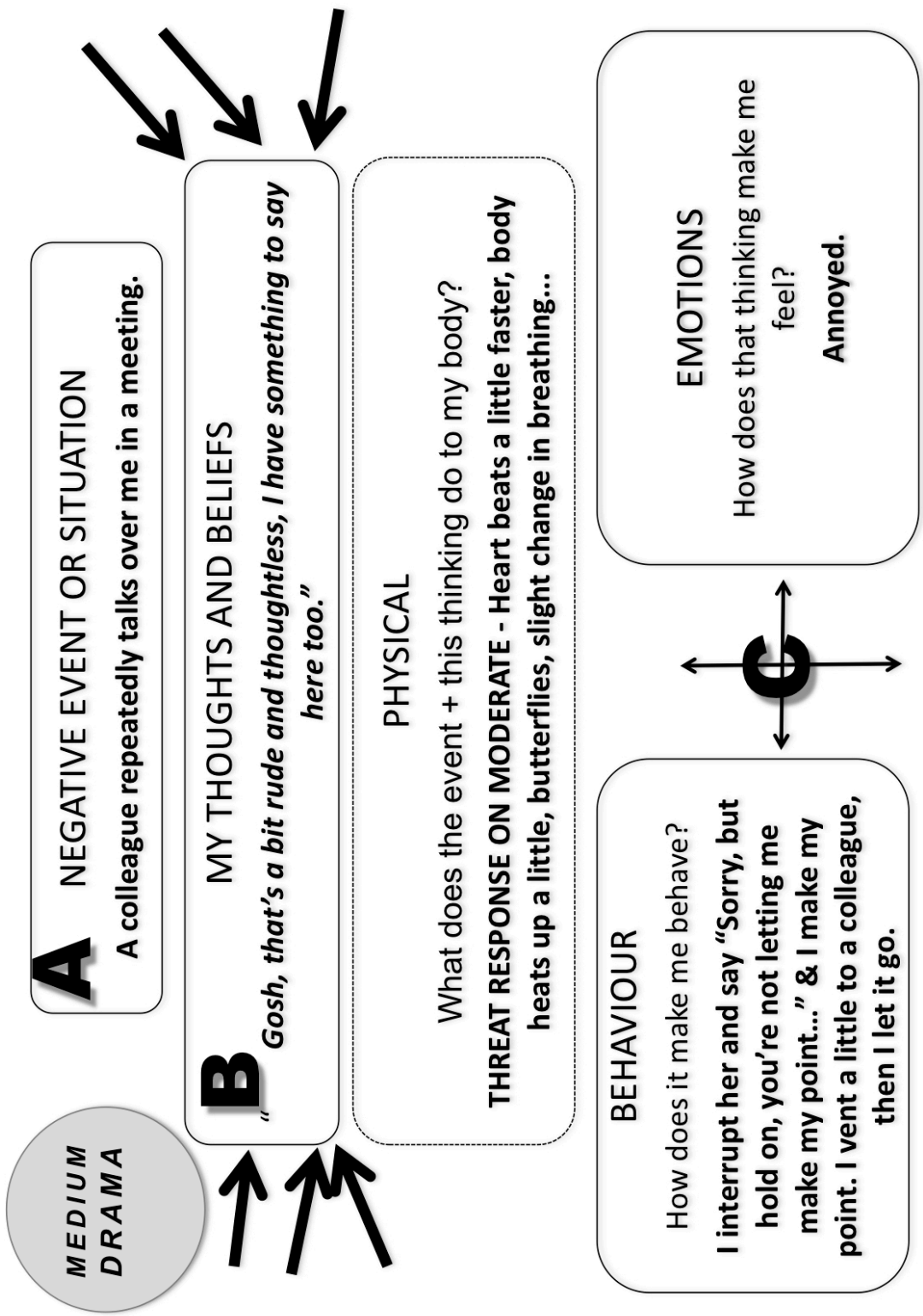
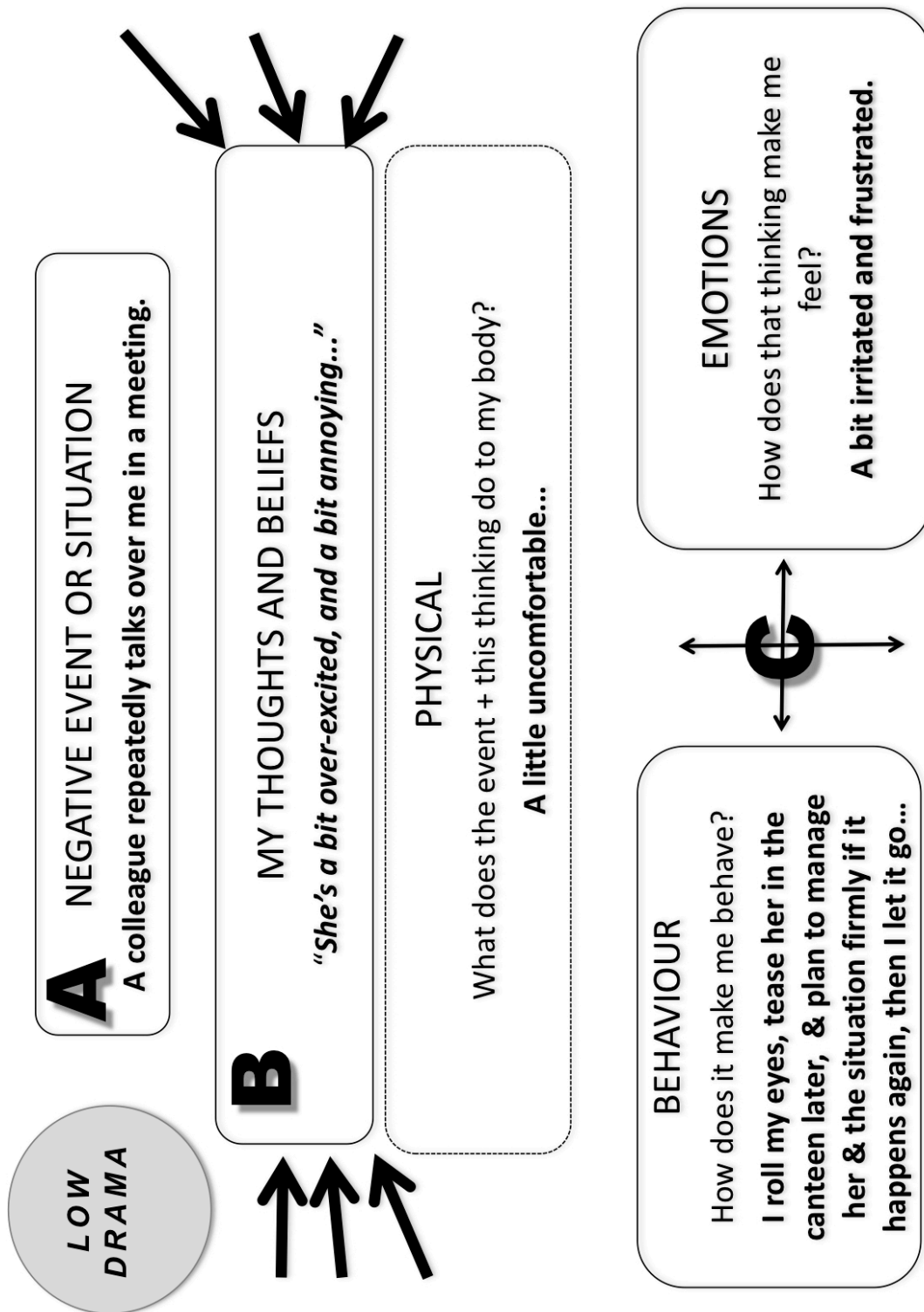



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THE ABC OF CBT - MAP YOUR HABITS OF THINKING FEELING & BEHAVIOUR

A ACTIVATING EVENT OR SITUATION	B BELIEFS AND THOUGHTS
C CONSEQUENTIAL PHYSICAL FEELINGS (THREAT RESPONSE – NERVOUS SYSTEM)	CONSEQUENTIAL EMOTIONAL FEELINGS
CONSEQUENTIAL BEHAVIOUR	

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