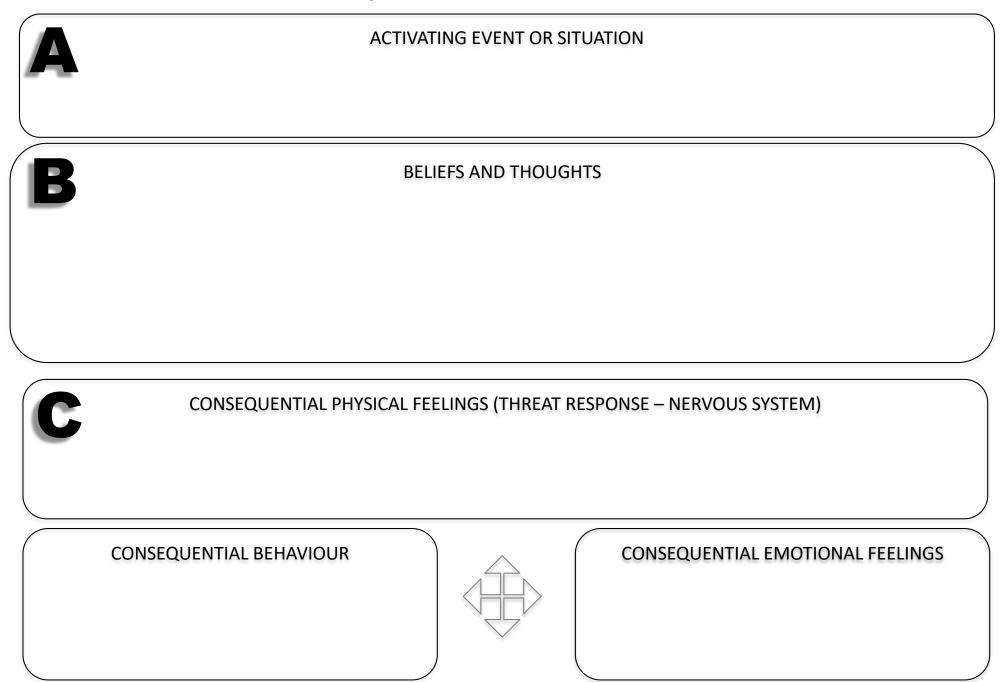
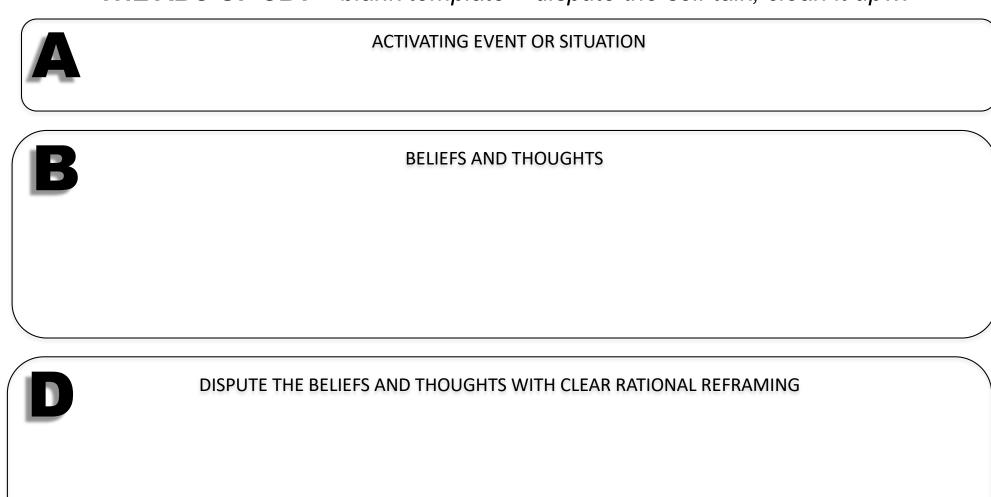
THE ABC OF CBT – blank template – create several versions with B and C outcomes



THE ABC OF CBT – blank template – dispute the self talk, clean it up...



How would this new Disputed thinking change the consequential physical, emotional, and behavioural responses?

