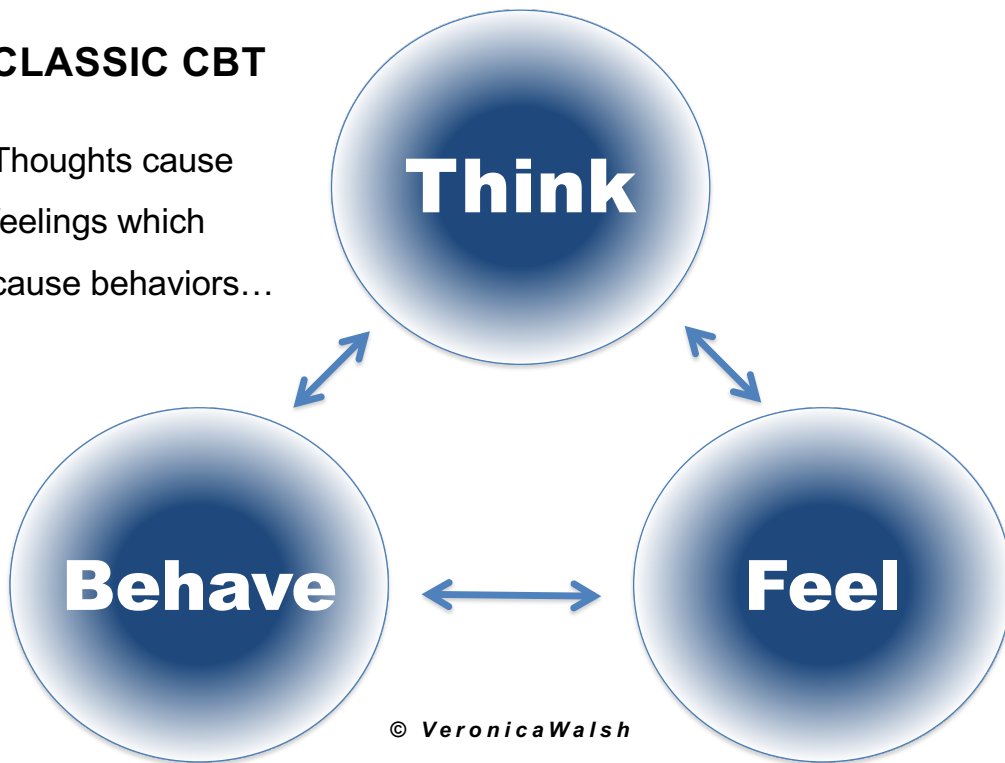


CLASSIC CBT

Thoughts cause feelings which cause behaviors...



1

CBT EXAMPLE 1

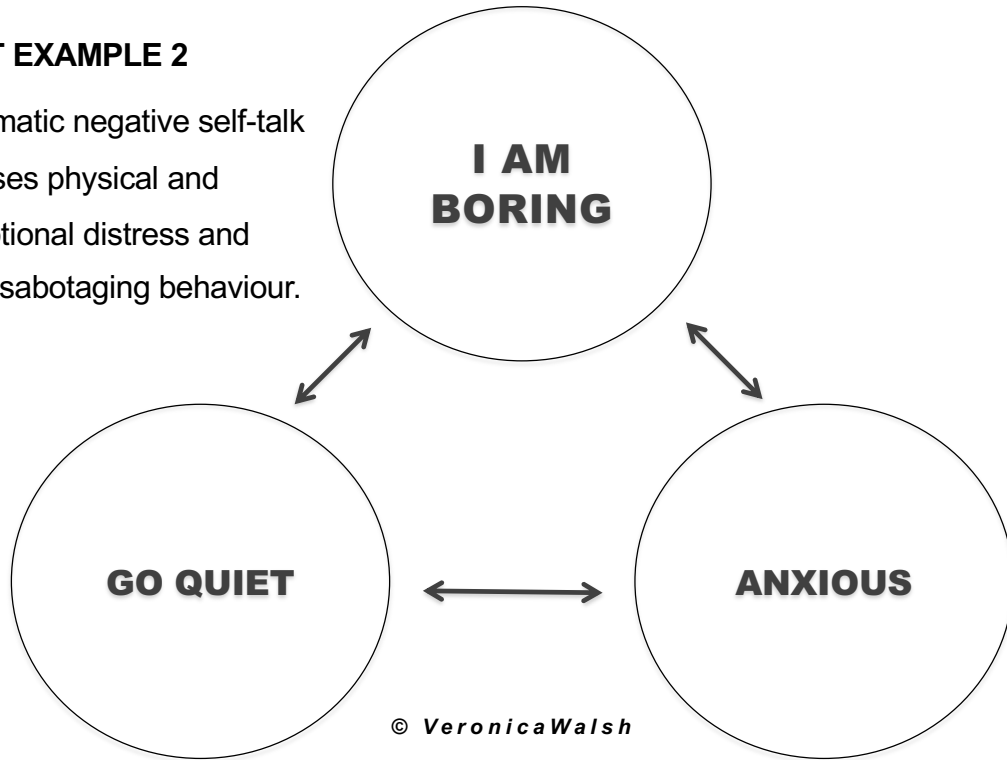
Dramatic negative self-talk causes physical and emotional distress and self-sabotaging behaviour.



2

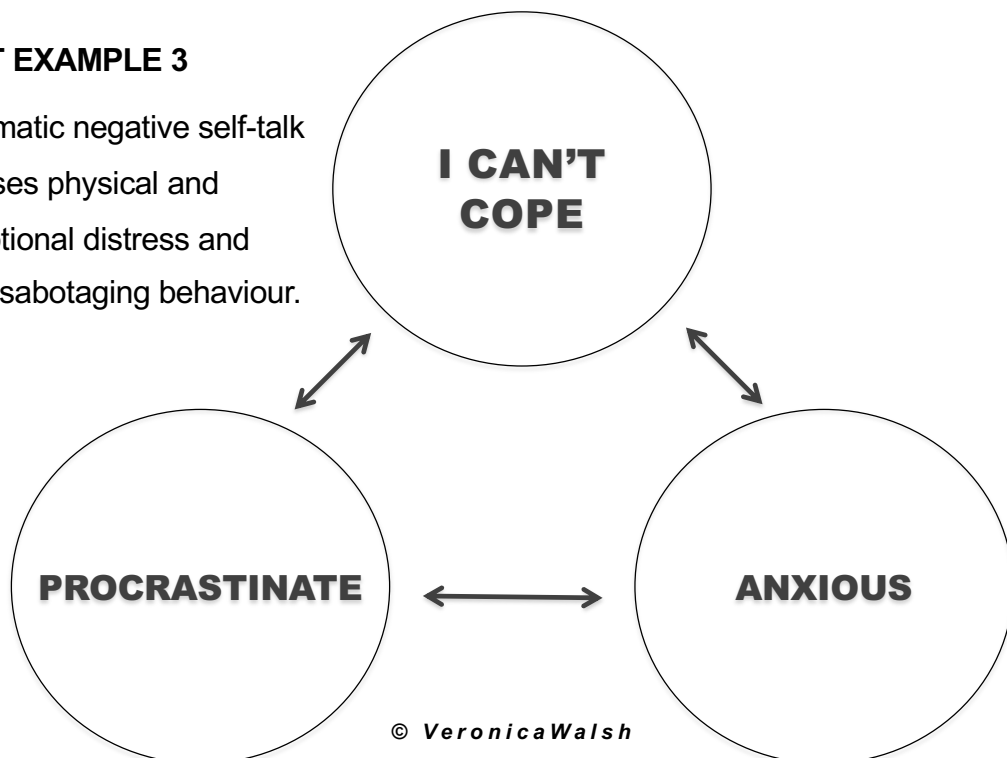
CBT EXAMPLE 2

Dramatic negative self-talk causes physical and emotional distress and self-sabotaging behaviour.



CBT EXAMPLE 3

Dramatic negative self-talk causes physical and emotional distress and self-sabotaging behaviour.



CBT EXAMPLE 4

Dramatic negative self-talk causes physical and emotional distress and self-sabotaging behaviour.



CBT TEMPLATE

Map your thoughts that cause feelings and behaviours.

