

Relevant Childhood Data

Core Beliefs

Conditional Assumptions / Attitudes / Rules (If ... then ...)

Coping Strategies

Situation	Situation	Situation
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Automatic thought	Automatic thought	Automatic thought
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Meaning of Automatic Thought	Meaning of Automatic Thought	Meaning of Automatic Thought
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Emotion	Emotion	Emotion
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Behaviour	Behaviour	Behaviour
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