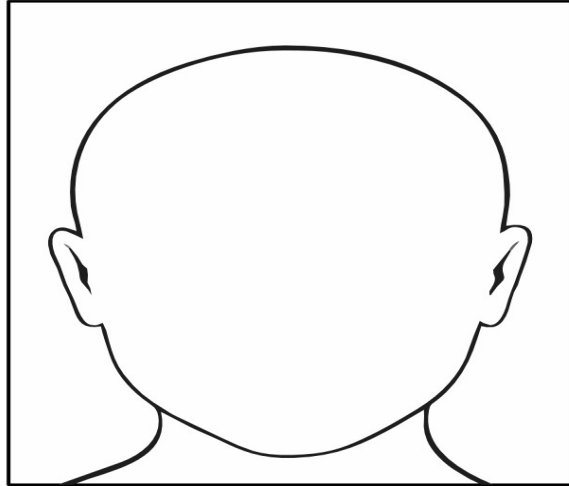


CBT EMOTION

When I felt...

I felt...

when...



When I felt...

,these thoughts raced through my head:
