Name		

Cognitive Therapy

Situation	
Staaton	
Feelings	Rate your mood on a scale of 0-100
	of 0-100
What was a ship him in this single	Data was mand an a sada
What were you thinking in this situation? Immediate thoughts	Rate your mood on a scale of 0-100
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Dig Deeper	
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Core belief	
How did you feel after the rebuttal?	Rate your mood on a scale of 0-100
	0, 0-100