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the principles of
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will learn the cognitive
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experiences in a thought
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is difficult. The
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worksheet was designed
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therapy (CBT) is an evidence-based form of psychological therapy. This means that a CBT therapist and their patient need to gather information about experiences and reactions including the thoughts, feelings, body sensations, behaviors that happen in and out of session.

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information sheets, and
worksheets that you
may wish to use, or that
your therapist may help
you with. Materials
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Psychologists at the
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CCI - Self Help
Resources for Mental

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