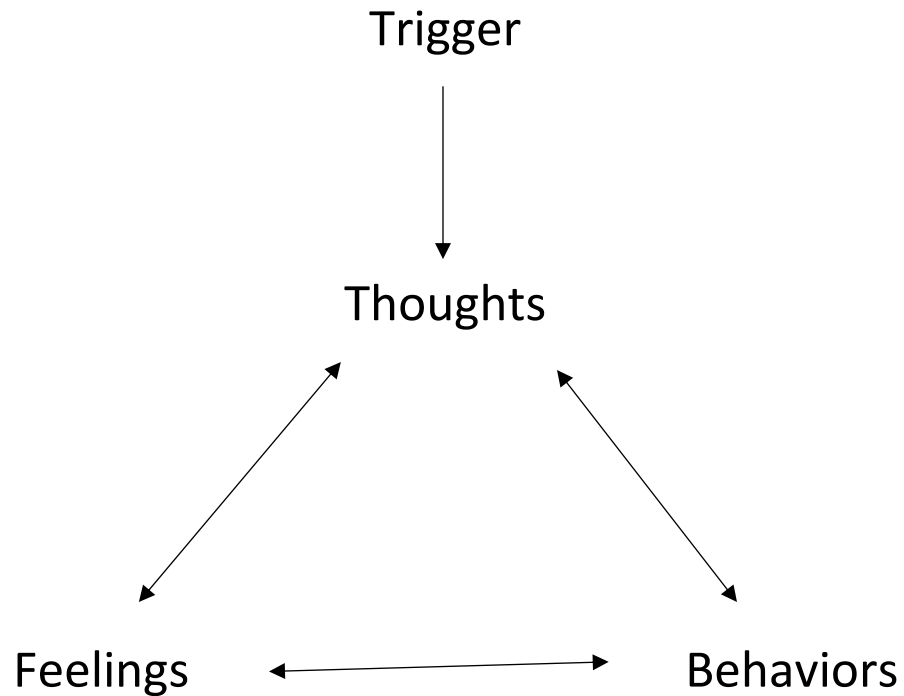


Cognitive-Behavioral Therapy



Challenging unhelpful thoughts

1. Identify the thought
2. Evaluate the thought
3. Re-frame or replace with alternative thought