

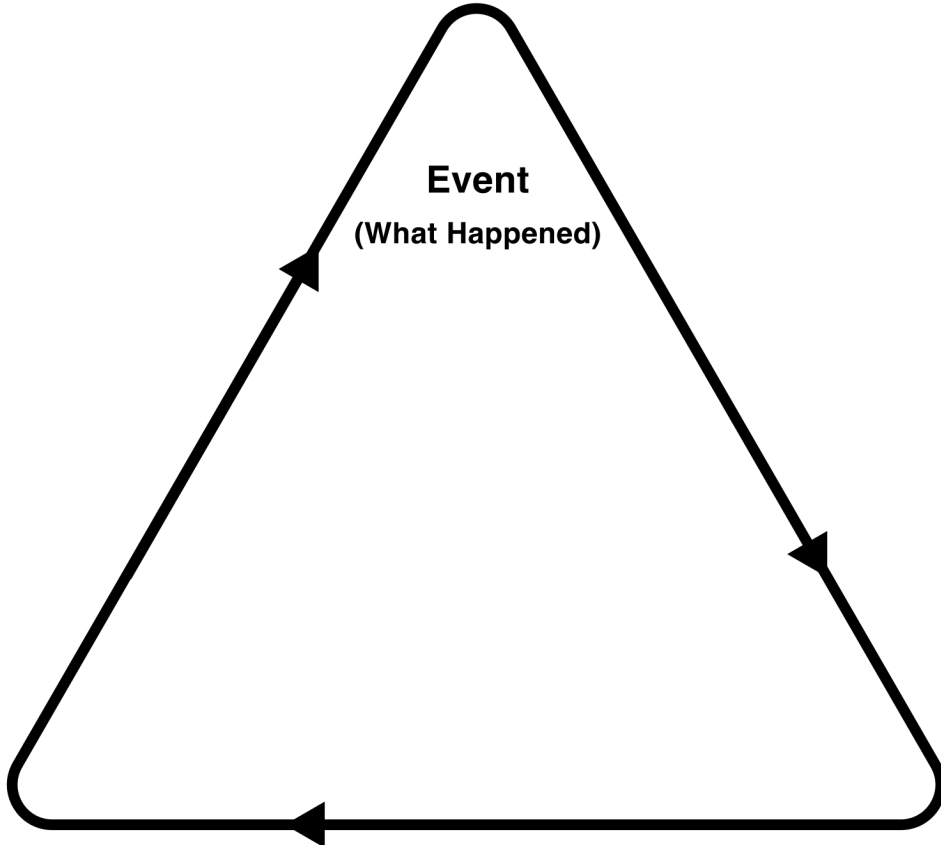
CBT Triangle Worksheet

Name

Date

Think

Event
(What Happened)



Do

Feel