Restructuring Negative Thoughts and Emotions
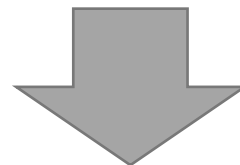*Using the ABC model*

Activating Event (Distressing situation)

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Beliefs (Negative thoughts)

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Restructured Negative Thoughts

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**Negative Consequences
(Feelings and behaviours)**

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Adaptive Consequences

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