

Thoughts

How we think affects how we feel and act

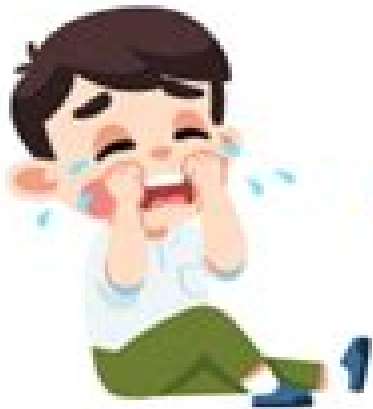


Cognitive Behavioral Therapy



Behaviors

How we act affects how we think and feel



Feelings

How we we feel affects what we think and do

Cognitive Behavioral Interventions

DJ Losen



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