

CBT PRACTICE!



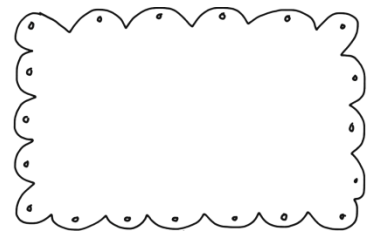
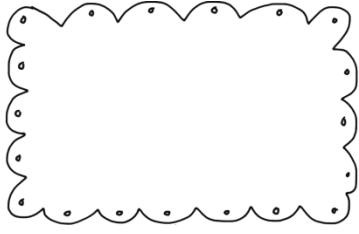
THOUGHT
EXAMPLE: "NO ONE
WILL LIKE ME"



BEHAVIOR
EXAMPLE: YOU DO
NOT ATTEND
SOCIAL EVENT



EMOTION(S)
EXAMPLE: INSECURE,
VULNERABLE



CREDITS

THE SPANGLISH SENORITA

-THANK YOU FOR YOUR BORDER/FRAME!

DANG'S DIGS

-THANK YOU FOR YOUR BORDER/FRAME!

MARCELLE'S KG ZONE

-THANK YOU FOR YOUR BORDER/FRAME!



PAULA KIM STUDIO

-THANK YOU FOR THE ARROW!