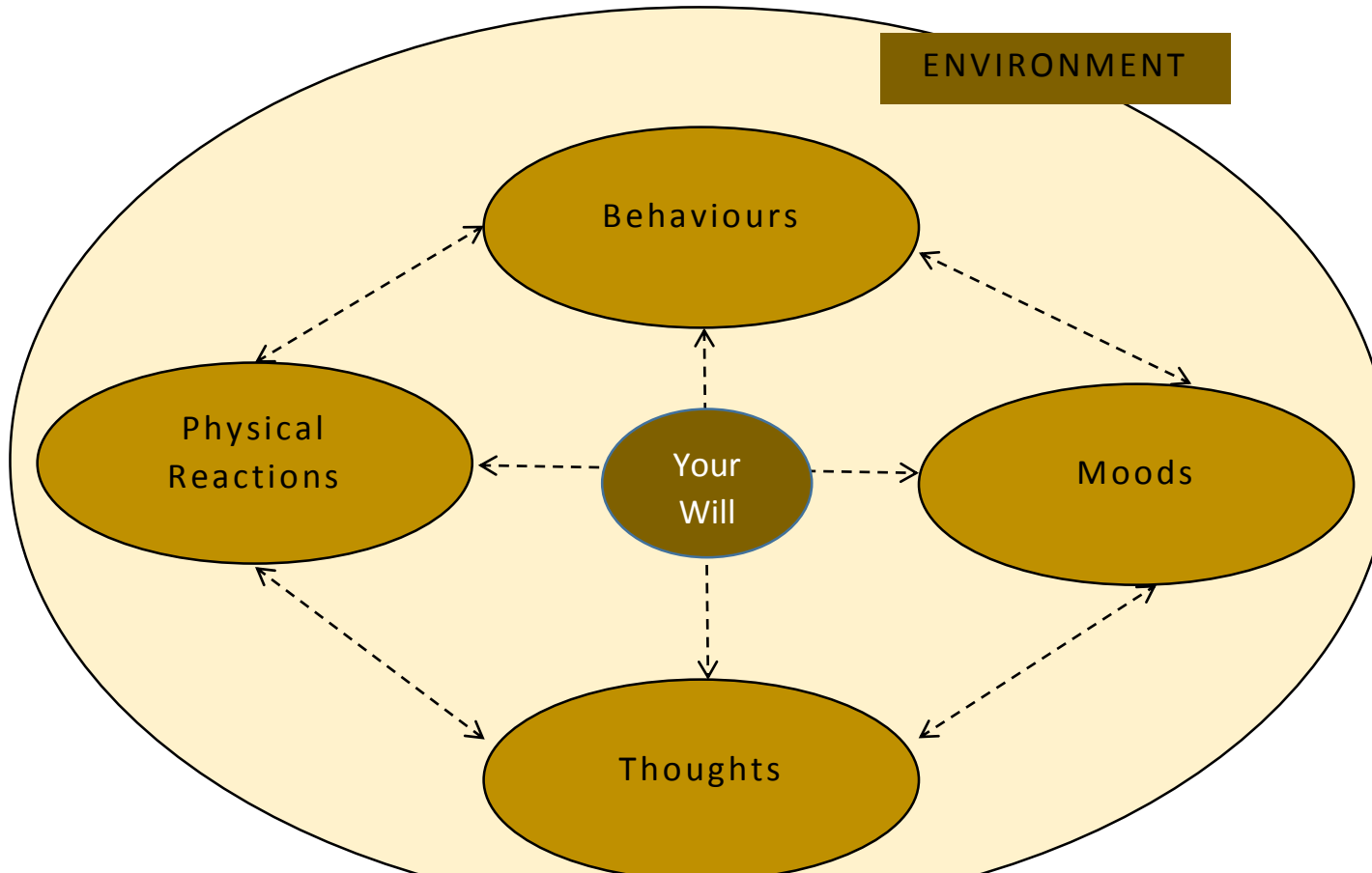


Overview



Automatic Thoughts and Behaviours

Automatic Thoughts and Behaviours are influenced by our Underlying Assumptions

"I won't have any fun at the party so won't go"

"I will have fun at the party and I am looking forward to going"

Action Plans

Underlying Assumptions

Underlying assumptions are intermediate-level beliefs

"If people get to know me, then they won't like me"

"When people get to know me, then some people will like me and some people won't and I am okay with that"

Acceptance

Core Beliefs

Core beliefs begin to form in childhood and they are resistant to change

"I'm basically an unlovable person"

"I love myself unconditionally"