(ABC Worksheets)

Α	В	C
Activating event "Something happens"	Belief/stuck point "I tell myself something"	Consequence "I feel something"

Α	В	С
Activating event "Something happens"	Belief/stuck point "I tell myself something"	Consequence "I feel something"

Α	В	С
Activating event "Something happens"	Belief/stuck point "I tell myself something"	Consequence "I feel something"

(continued)

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