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| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

CBT terms

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| N | Z | H | A | E | U | P | I | V | Z | Z | A | J | Z | S | L | G | G | S | N | H | G | Y | D |
| T | G | H | T | E | L | R | U | I | O | J | G | G | C | D | S | W | N | O | Z | J | N | H | S |
| R | U | N | N | P | Z | P | L | I | W | Y | V | H | C | Y | A | D | I | H | S | G | R | O | N |
| A | C | Q | I | T | D | O | Y | E | Z | L | E | O | K | F | M | T | R | F | O | R | L | N | O |
| C | Z | C | J | P | F | Q | W | V | V | M | G | A | U | F | P | W | O | E | V | O | M | O | I |
| K | A | K | Y | N | P | U | P | G | A | N | K | B | V | M | Y | R | T | I | U | P | F | I | S |
| I | A | U | Z | V | Q | O | A | J | I | M | D | Q | U | G | N | D | I | L | W | J | Y | T | U |
| N | D | B | T | G | N | Q | T | T | O | E | H | S | J | Q | S | X | N | E | R | C | R | S | L |
| G | Z | H | T | O | S | A | I | S | N | G | S | M | Q | X | G | W | O | B | R | R | E | E | C |
| S | S | M | G | B | M | V | V | P | T | A | K | F | V | N | J | O | M | E | W | W | E | U | N |
| P | B | I | C | K | E | A | T | Z | G | H | E | G | I | Q | G | E | F | R | M | E | Q | Q | O |
| W | J | Z | A | T | N | R | T | N | Q | J | G | Z | M | O | V | V | L | O | B | R | X | G | C |
| W | Z | X | R | W | O | M | I | I | L | C | I | U | D | H | E | I | E | C | J | G | G | N | O |
| W | G | I | I | M | Y | Y | U | M | C | H | R | H | O | O | G | K | S | I | O | Z | M | I | T |
| L | A | W | S | Y | L | U | E | X | P | T | U | W | N | H | L | Z | Z | B | R | W | M | L | G |
| D | E | I | G | R | N | R | K | O | Y | Y | H | R | I | U | T | U | E | E | N | N | G | A | N |
| O | B | Z | E | I | W | B | R | S | M | C | E | O | K | Y | A | L | P | E | L | O | R | C | I |
| O | B | D | C | Z | Q | T | D | F | M | A | R | H | U | M | N | Z | Y | A | H | H | U | S | P |
| X | N | M | M | E | S | W | H | M | B | E | T | P | D | G | M | B | A | T | Q | X | J | N | M |
| U | T | W | D | A | S | J | D | D | L | S | X | F | X | Z | H | Y | S | D | O | Q | L | U | U |
| T | A | C | T | I | E | T | A | W | L | T | D | N | F | C | Z | T | S | V | G | I | S | M | J |
| S | R | A | L | P | J | B | B | V | J | L | C | T | R | T | S | A | S | D | D | F | X | L | W |
| A | C | C | O | G | N | I | T | I | V | E | D | I | S | T | O | R | T | I | O | N | S | L | T |
| M | T | T | K | T | M | Y | R | E | V | O | C | S | I | D | D | E | D | I | U | G | P | M | J |

   catastrophizing       role play       thought stopping       self monitoring       guided discovery       underlying assumption       core belief       schema       cognitive triad       Jumping to conclusions       Scaling question       Cognitive distortions       Tracking       Automatic thoughts