|  |  |
| --- | --- |
| 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