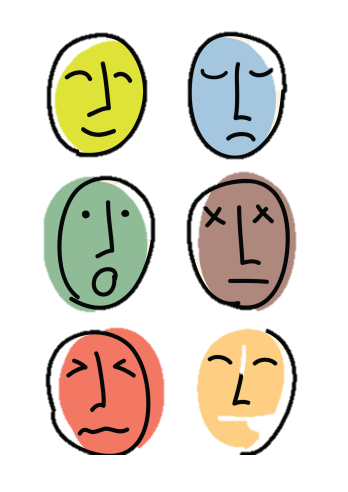
**PRINCIPLES OF COGNITIVE BEHAVIORAL THERAPY**



Thoughts

(often unhelpful thinking patterns)

Behavior

Situation/Event

Emotion