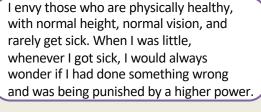
issues, and in [high school], I often caught colds. Once, it was so severe that I got sinusitis, and it still flares up from time to time. Also, my skin isn't great, and I have high degrees of myopia. Hmm, being ill can indeed affect the efficiency of other aspects of life.

Dialog History



Since I was little. I've had some digestive

[Psychotherapy Approach] Cognitive Behavioral Therapy [Chain-of-Psychotherapies] Event: Illness and issues with medication dependency. Cognition: Self-doubt, suspicion about one's own body,

negative evaluations of being ill.

PsvMix:

<u>Behavior</u>: Reliance on medication, reduction in frequency of illness. <u>Belief</u>: Belief of poor health, illness as a punishment from a higher power.

[Response based on CoP]

Did you have such thoughts when you were sick as a child?