.,	ı parti	cipate	in negati	ve thoug	ht patter	ns (1 = ne	ever 10	= always	s)?	
•	-	-	g : seeing the	U	-	•	•	•	•	e.
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G.	Emot	ional re	asoning: r	elying on	feelings to	interpret	reality, e.g	g. "I feel s	so useless	- I am uselo
	1	2	3	4	5	6	7	8	9	10
Н.	Helpl	essness	feeling fe	elings and	l self estee	m are cont	rolled by	outside fa	ctors, e.g	. "I can't he
	scared		C	U			J		, ,	'
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you	.		in positiv			·	······			<u>i 10 j</u>
-	ı part	icipate	in positiv	e though	nt pattern	ıs (1 = ne	ver 10 =	= always)?	ell to walk
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A.	part Midd mailb	cipate le-grou ox today 2	in positive nd thinking the second se	re though ng: see th	nt pattern ings in bala	ance, some	ver 10 = e good/sor 7	= always me bad, e.)? g. I did w	vell to walk
A.	part Midd mailb	icipate le-grou ox today 2 ribing: c	in positive of the control of the co	re though ng: see th 4 bservation	nt patternings in bala	as (1 = ne ance, some	ver 10 = e good/sor 7	= always me bad, e. 8 1 20 pound)? g. I did w	vell to walk
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Self Talk Reflection

Attachment: #1