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Triggers
(External/Internal)

- 9**
- a. Behaviors
"What did you do"
"What you did not do"
 - b. Reactions from others

Primary/Secondary Feelings
(What did you do with all
these feelings?"

"What thoughts or beliefs do
you hold about your
feelings?") **3**

- a. Automatic thoughts,
images, memories
- b. Thinking patterns
- c. Core Beliefs/Values

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