

BE CONSCIOUS
OF YOUR THOUGHTS

WORKBOOK



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Negative Thoughts

Rational Thoughts

Positive Thoughts



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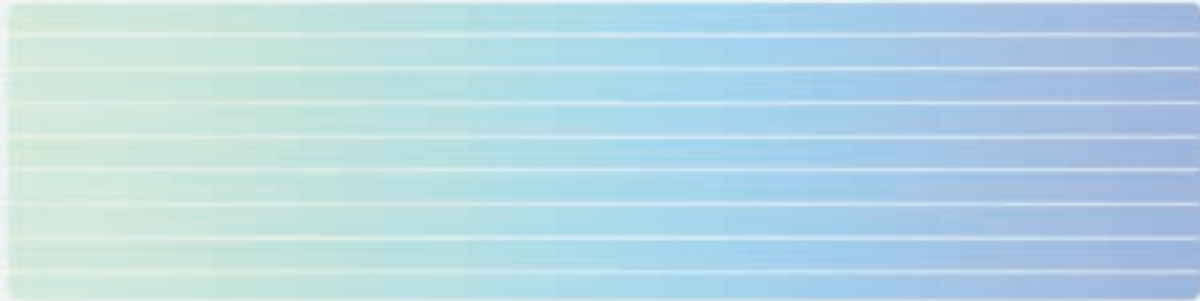
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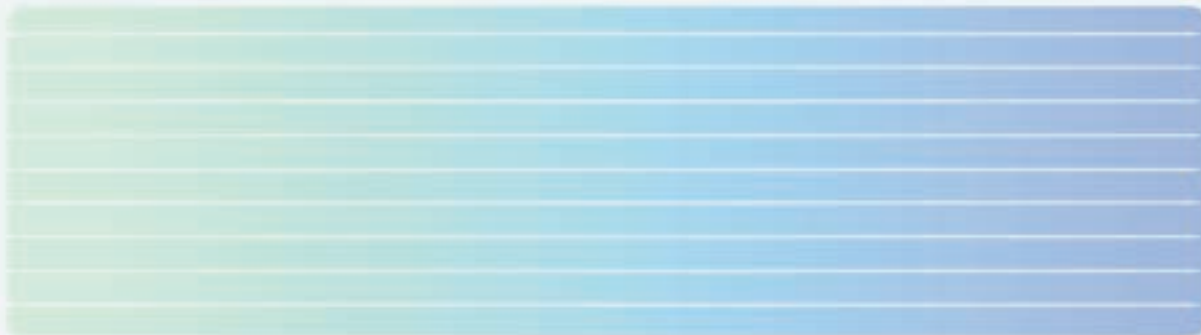
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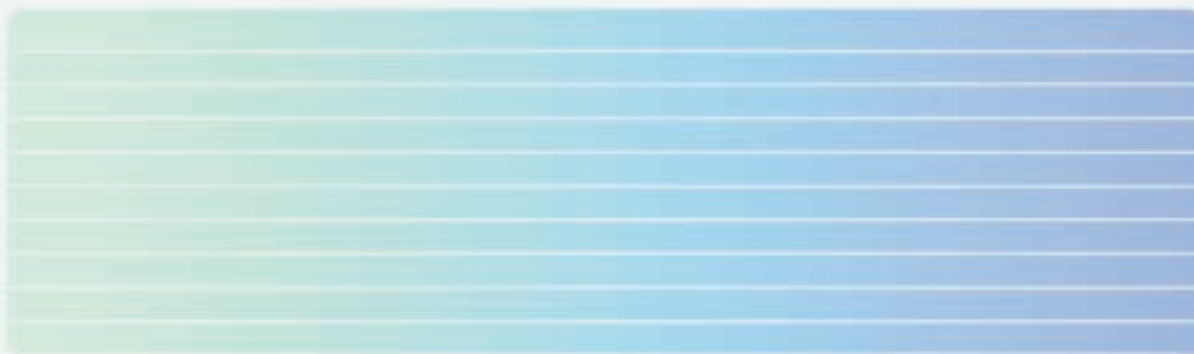
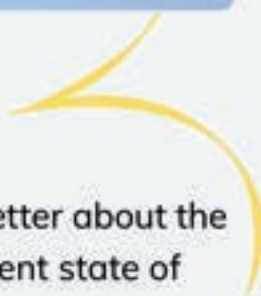


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Step 5: Monitor Your Present State of Mind: Your Mood

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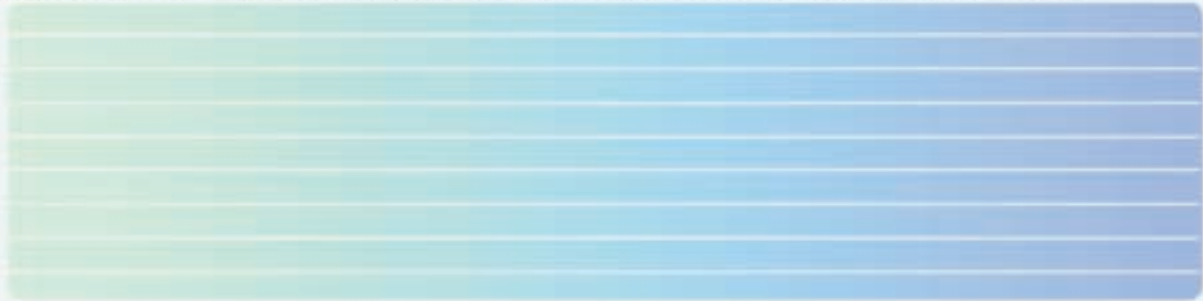
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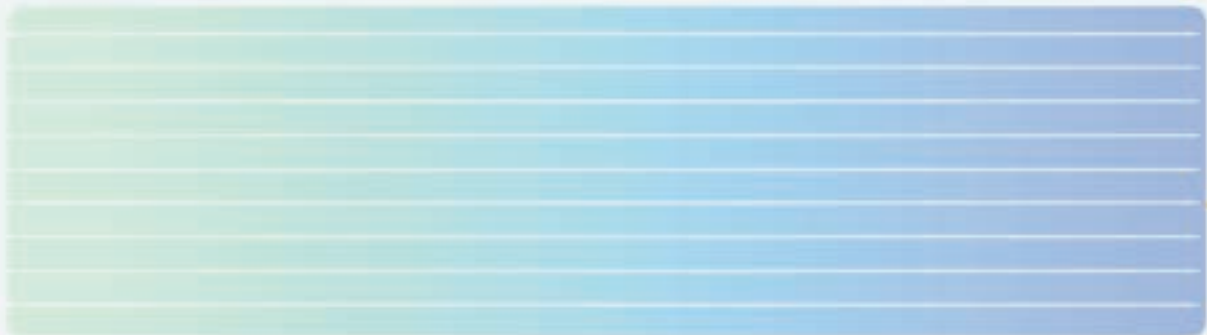
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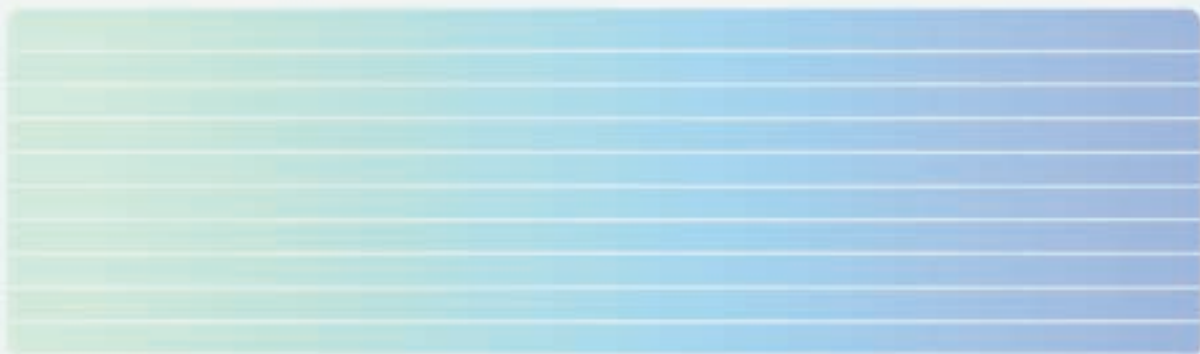


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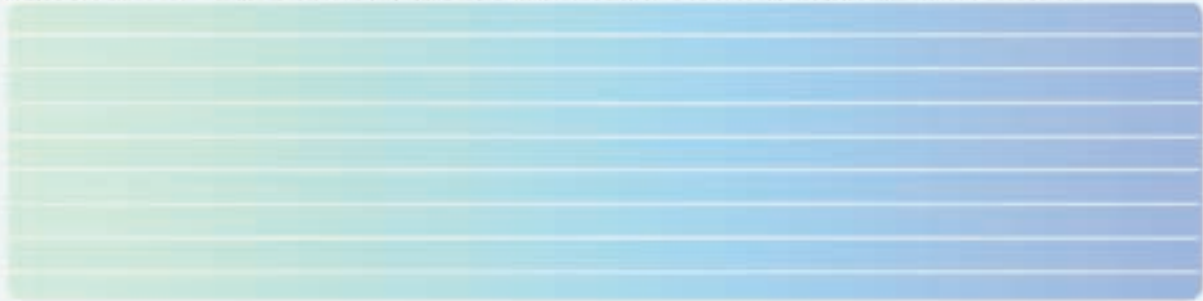
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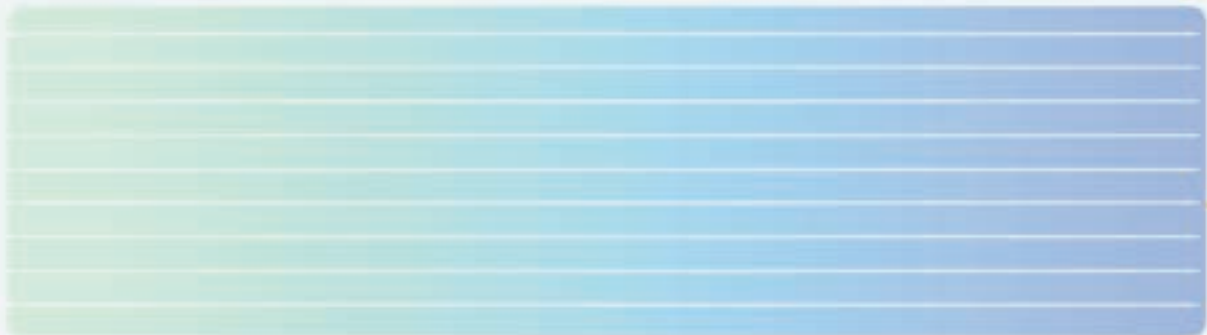
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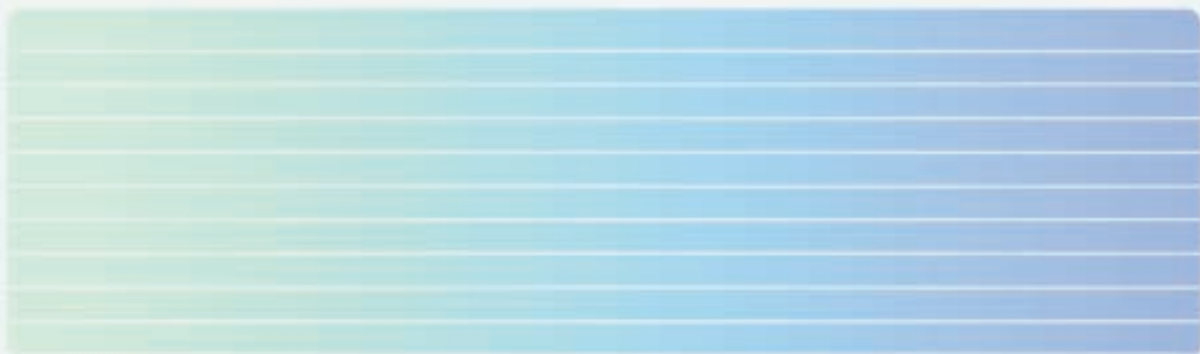
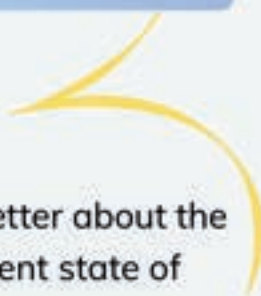


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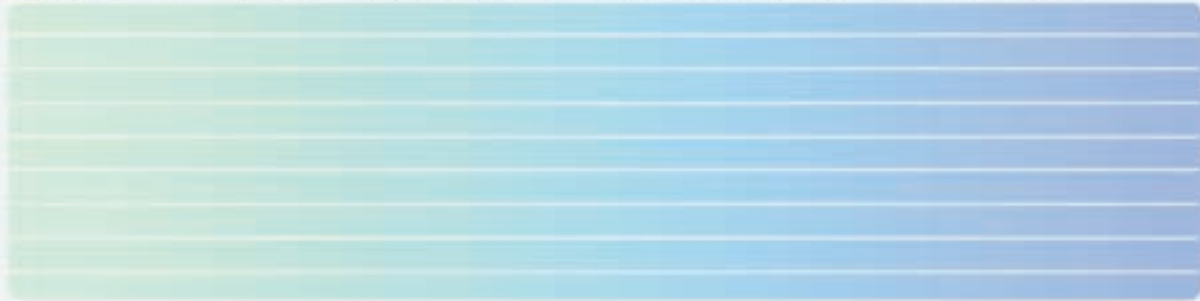
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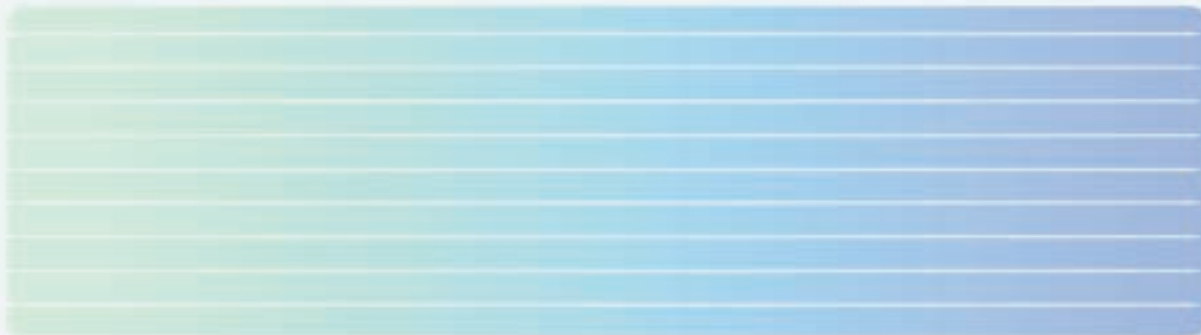
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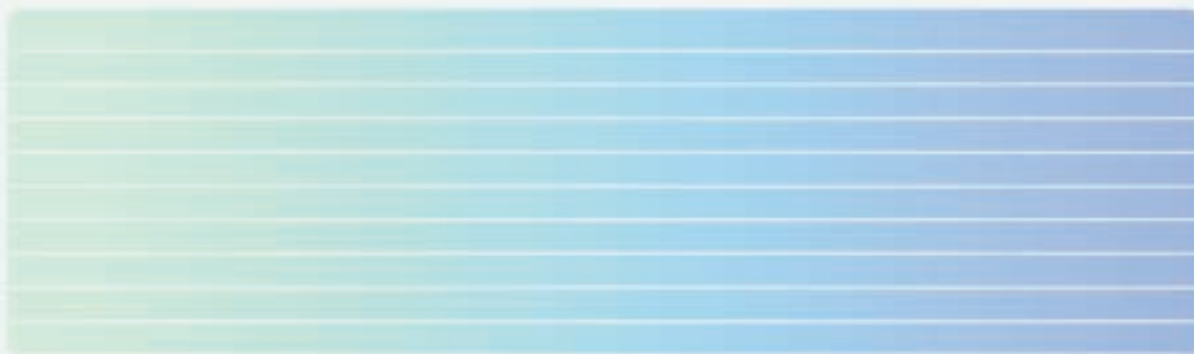
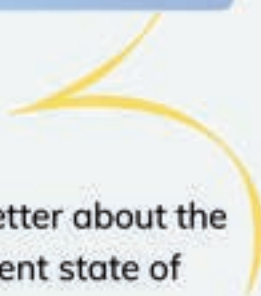


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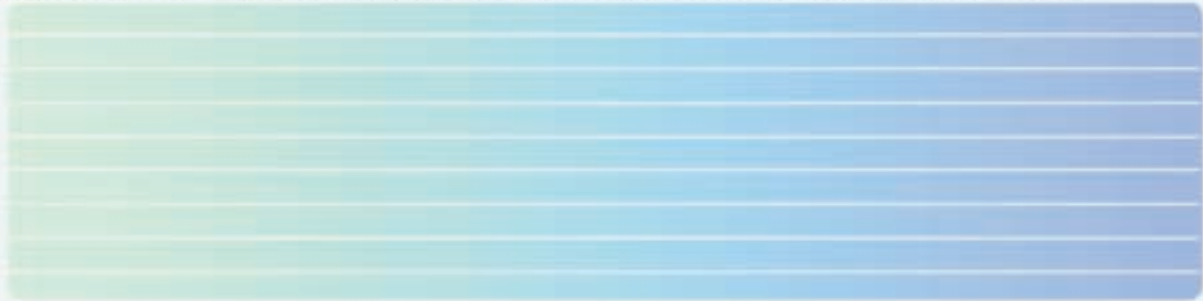
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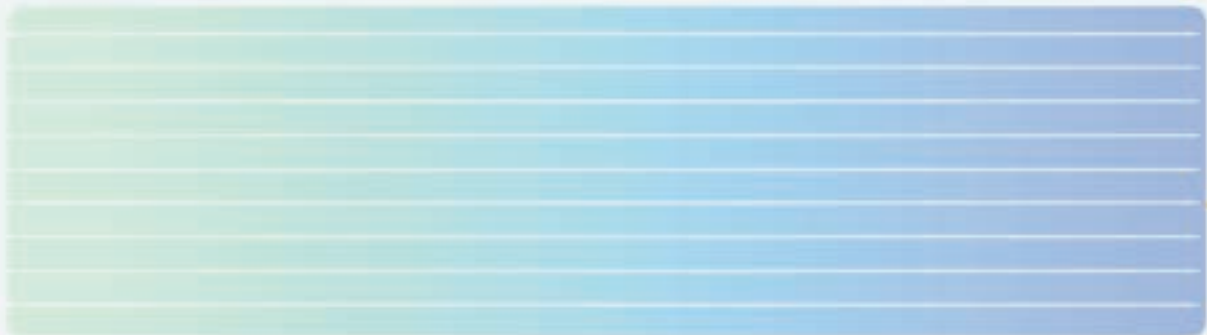
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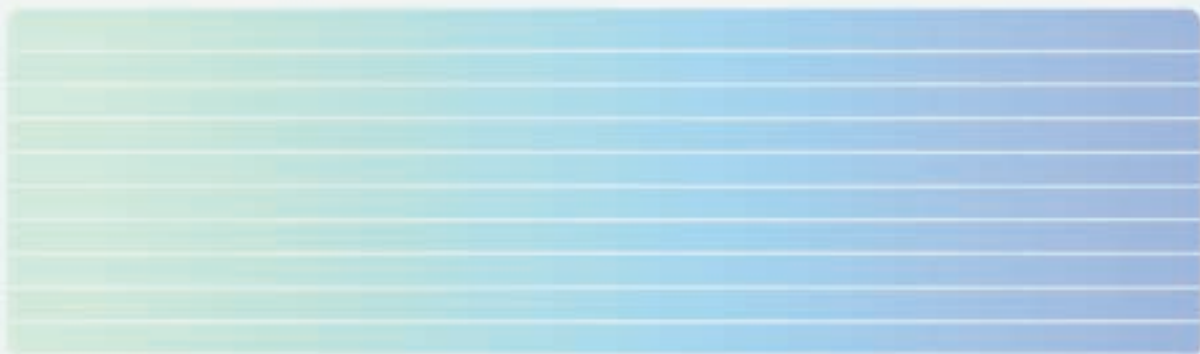
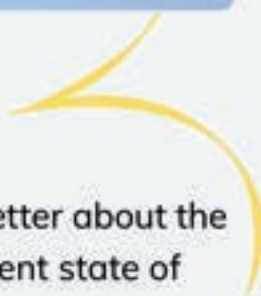


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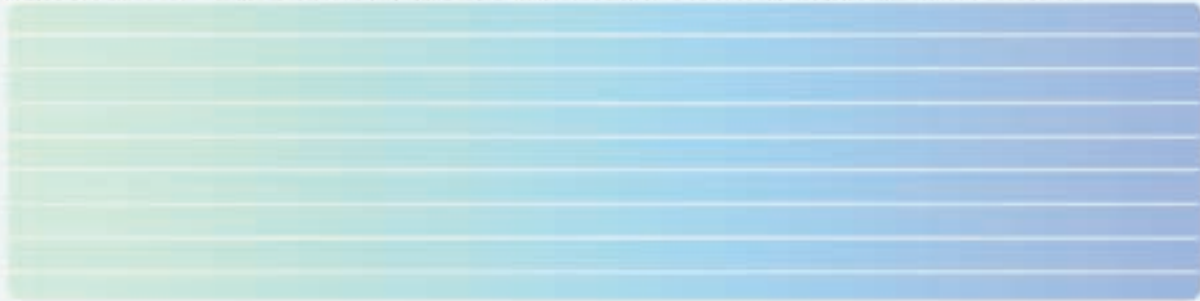
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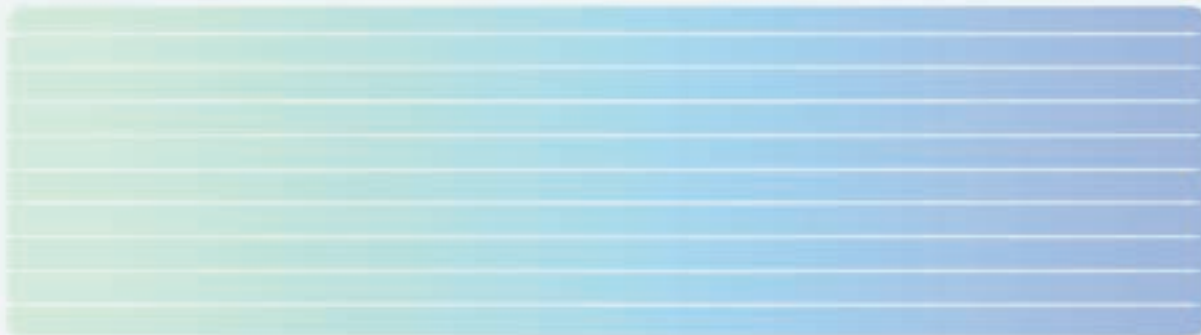
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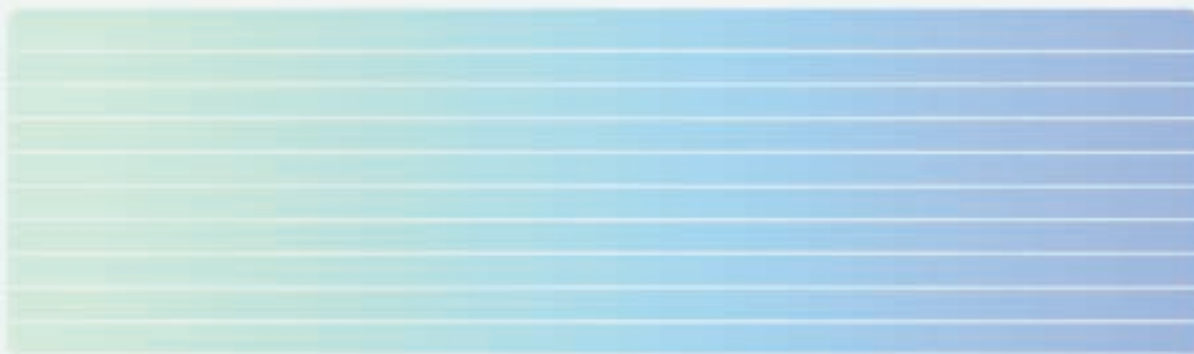
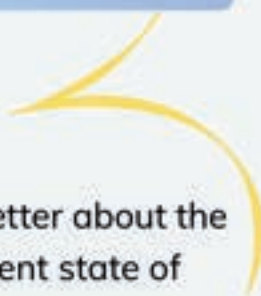


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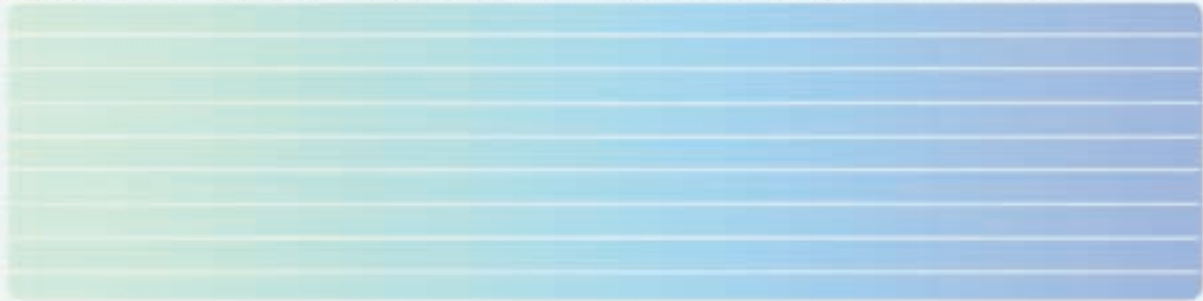
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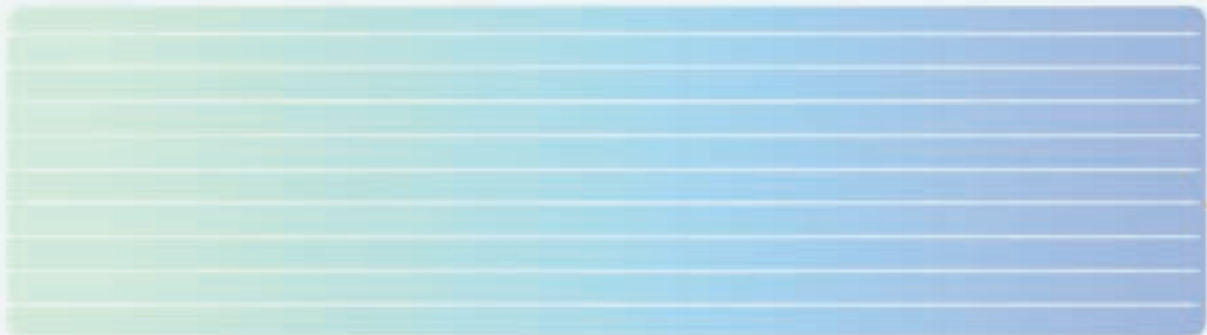
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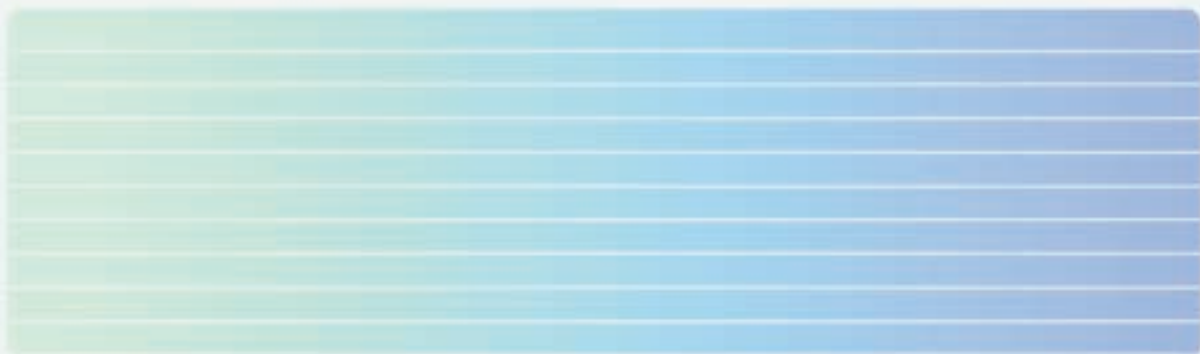
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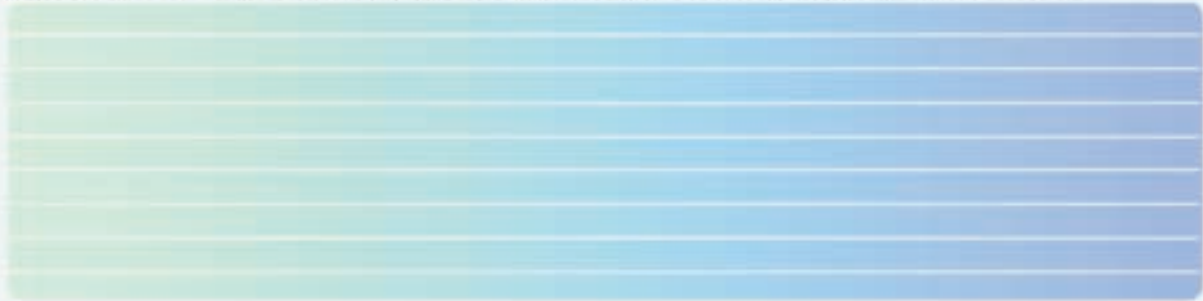
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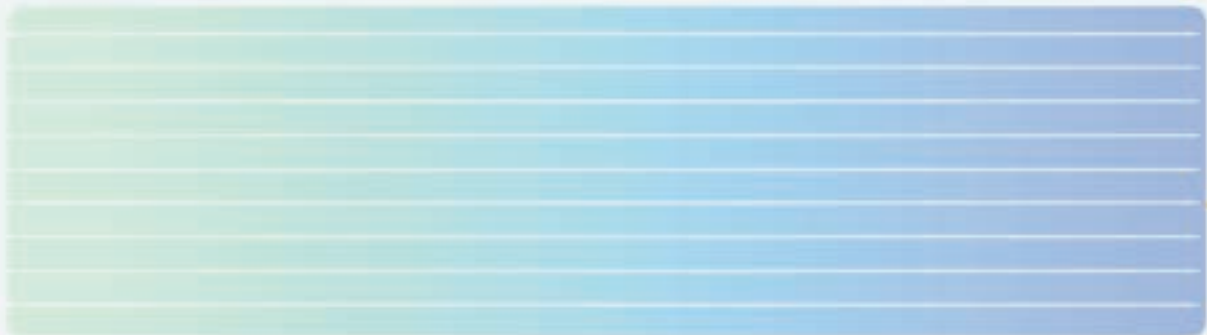
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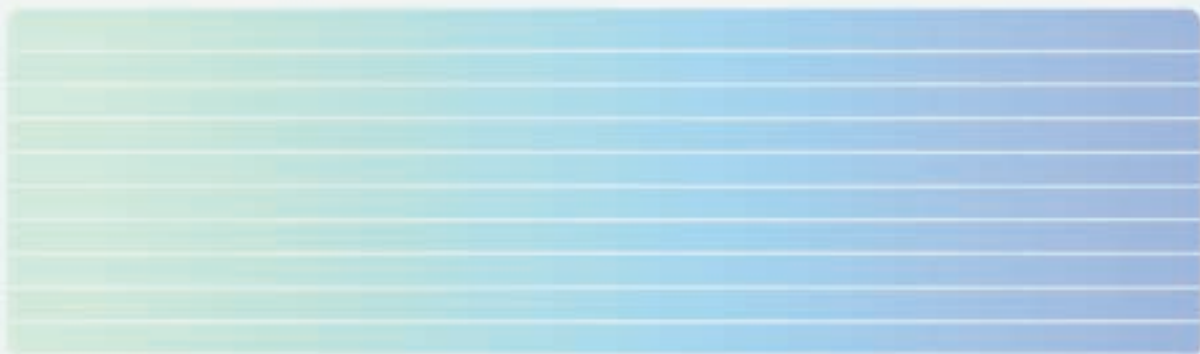
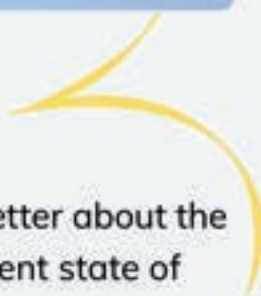


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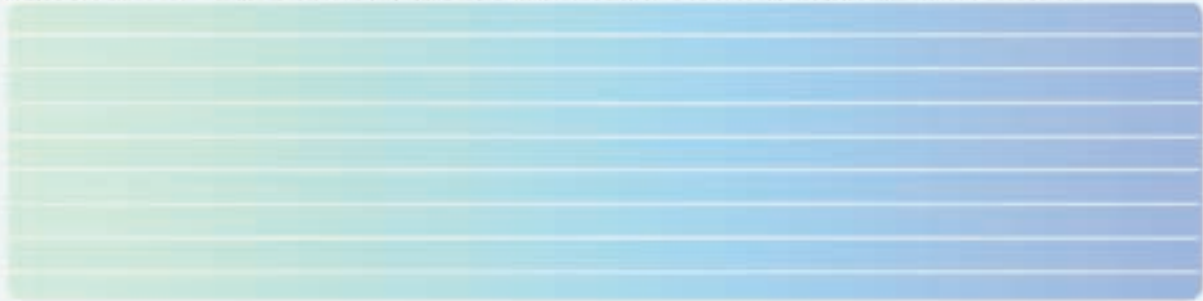
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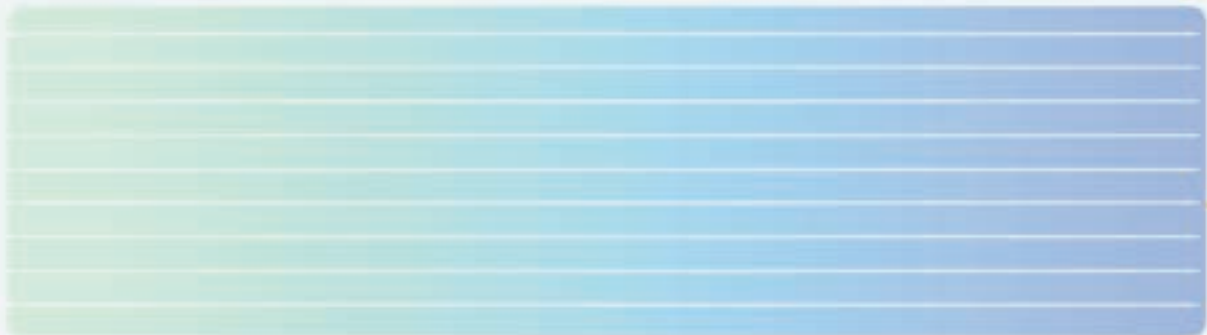
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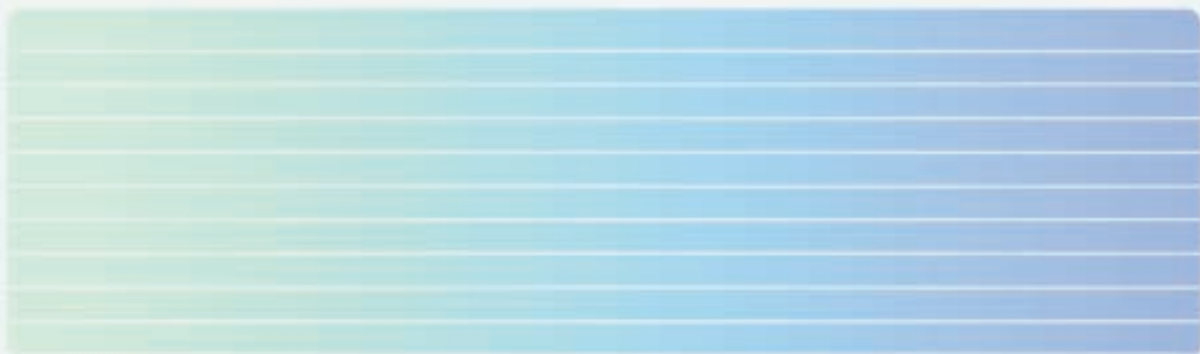
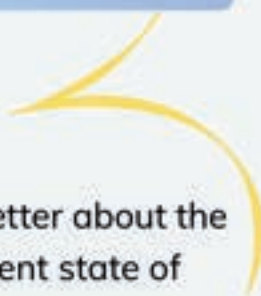


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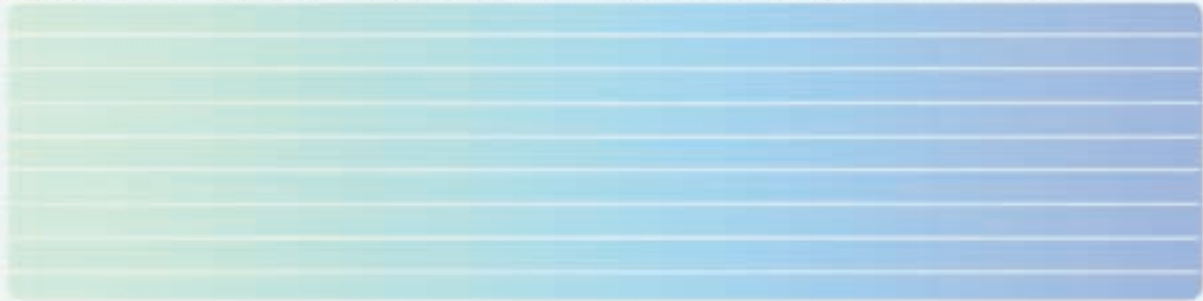
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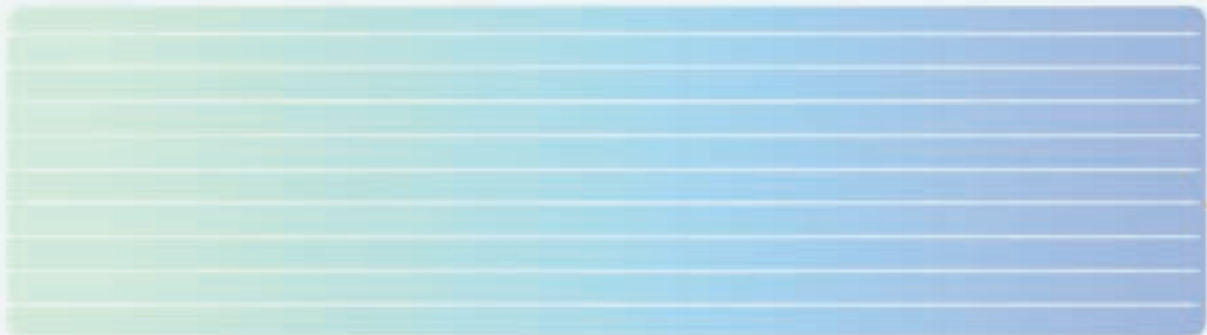
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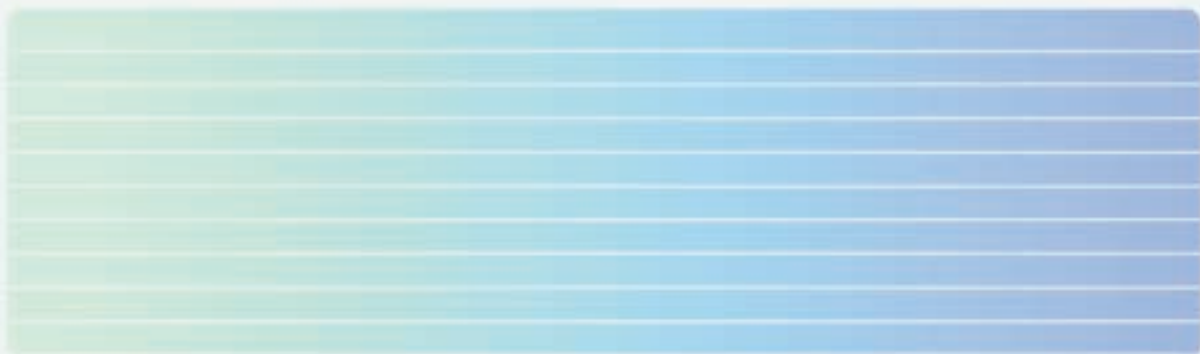
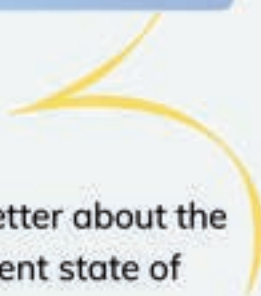


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Try to include something from your personal experience. You may start to understand your difficulties. In particular, what patterns may exist and how things interact.

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Physical Symptoms

Behaviours

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