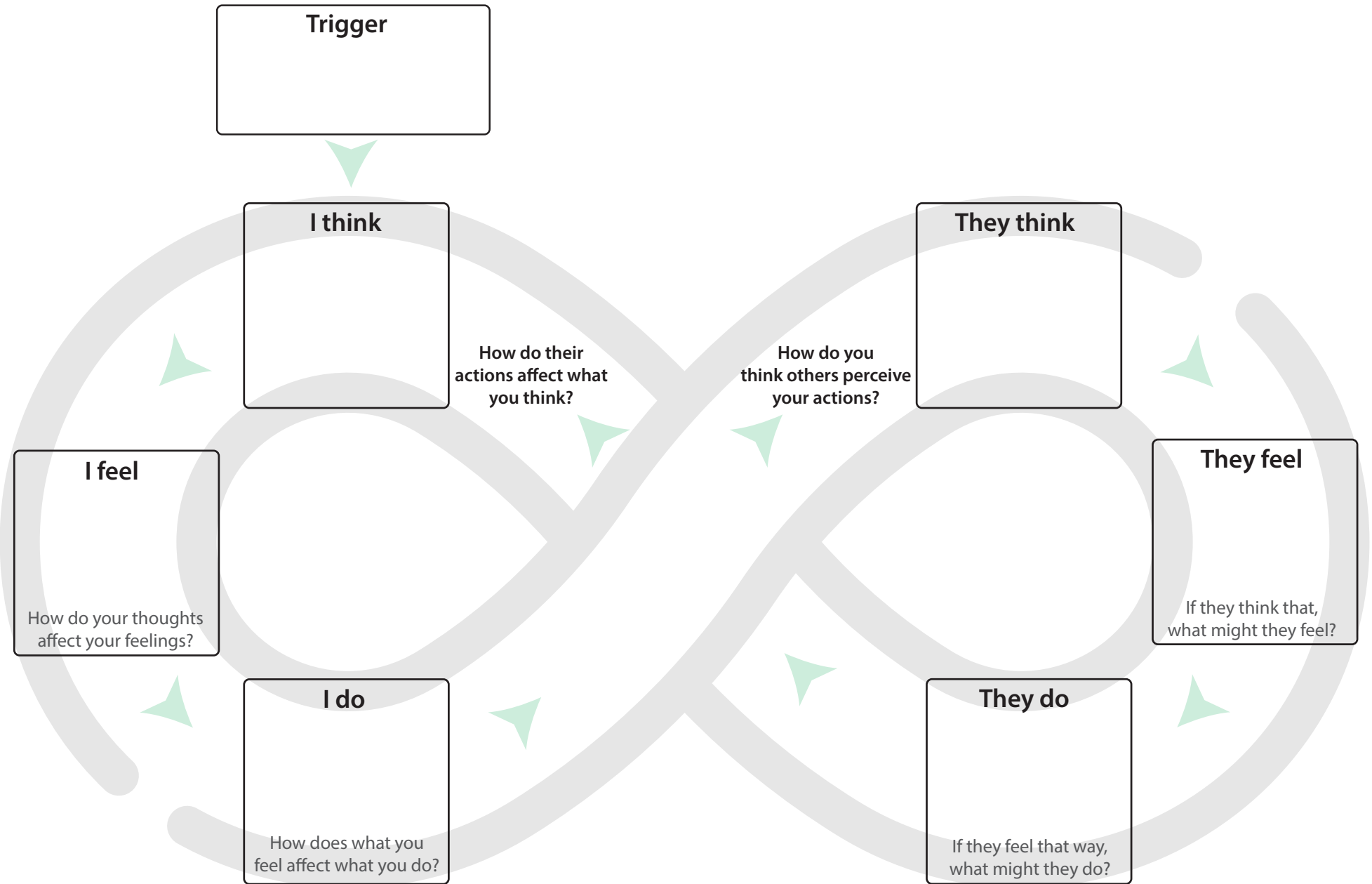


Reciprocal CBT Formulation



Reciprocal CBT Formulation

Beliefs about relationships

What are some of your beliefs and assumptions about relationships?

Trigger

I think

They think

I feel

How do your thoughts affect your feelings?

They feel

If they think that, what might they feel?

I do

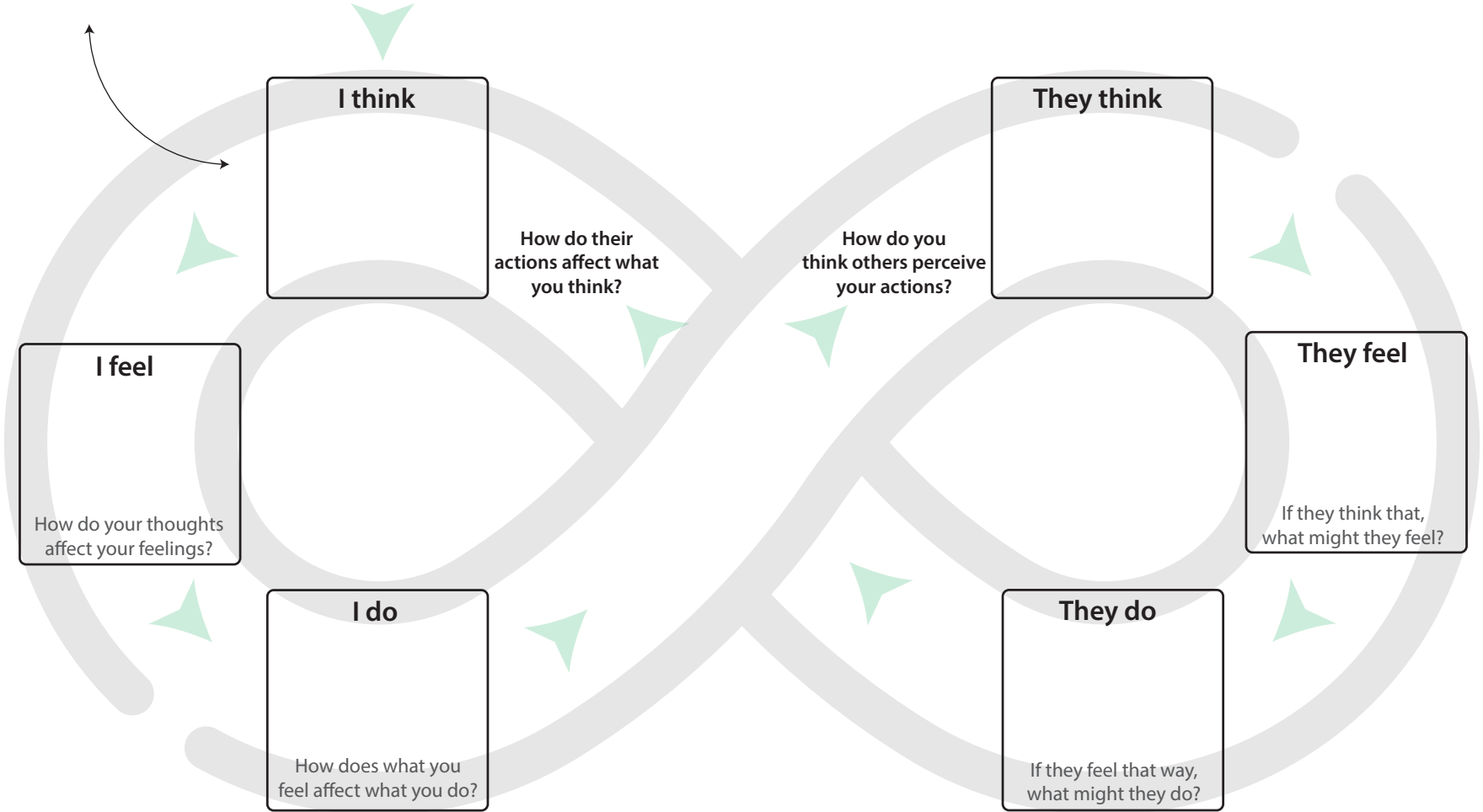
How does what you feel affect what you do?

They do

If they feel that way, what might they do?

How do their actions affect what you think?

How do you think others perceive your actions?



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