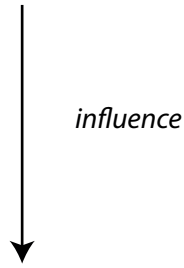


# Overview Of Cognitive Behavioral Therapy (CBT)

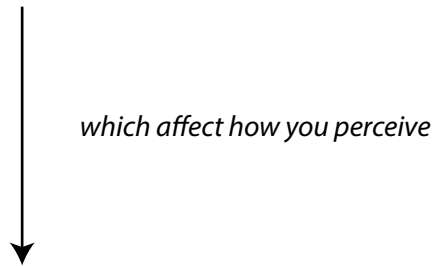
What we think, feel, and do in the present is influenced by what happened to us earlier in our lives.

## Your early experiences



## The development of your beliefs about:

- Yourself
- The world
- Your future



## Situations In The Here-And-Now

