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 influence The development of your beliefs about: Yourself The world Your future which affect how you perceive Situations In The Here-And-Now **Thoughts** What was going through your mind? **Emotions Behaviors** What did you do? how did you react? What were you feeling? Bodily Sensations What was going

on in your body:

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