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1	Automatic negative thoughts/assumptions:
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14	Costs of not changing the thoughts: (e.g. time, energy, mood, relationships, motivation, decision-
15	health, sleep, etc.)
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17	Emotional reasons for holding on to the thought (e.g. helps prepare me for the worst, an excuse t
18	if I worry about these thoughts maybe I can figure something out, etc.)
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20	Unhelpful behaviors on my part that contribute to the problem:
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22	Distortions: all/nothing, blame, catastrophizing, comparing, disqualifying the positive, dwelling on
23	dominoe effect, emotional reasoning, failing to see the big picture, fallacy of fairness, fixation on ce
24	fortune telling, illusion of control, illusion of no control, illusion that others/circumstances hold the
25	jumping to conclusions, labeling, magnifying, mental filter, mind reading, minimizing, myth of perfe
26	myth of benefit of searching for THE answer, overgeneralizing, obsessing, permanence, pervasivene
27	personalizing, shoulding
28	Wise mind responses:
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41	Actions:
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43	Changed narrative
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