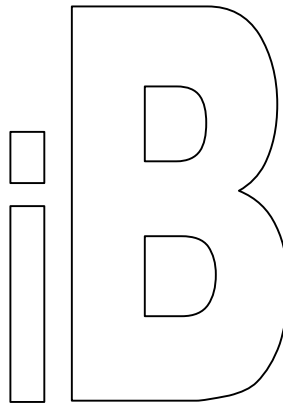
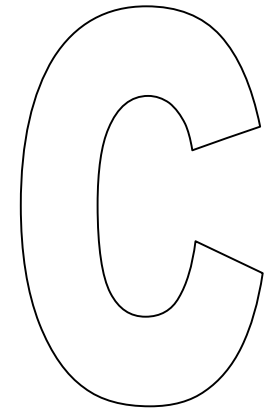


ADVERSITY

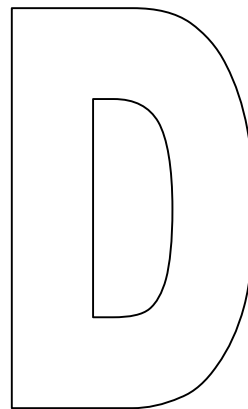


IRRATIONAL BELIEF

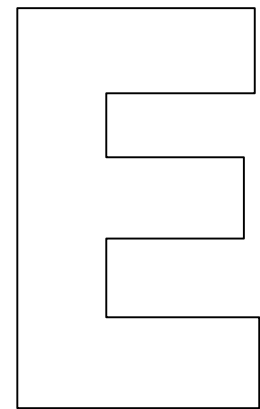


(UN) EMOTIONAL/BEHAVIC  
CONSEQUENCES

- Detect
- Dispute
- Discard



DISPUTING THOUGHTS  
(RATIONAL BELIEFS)



NEW EFFECT  
(HN) Emotions/Behavior