***Cognitive***

**-** 1.

+ 2.

**-**  3.

+ 4.

***Behavioral***

Thoughts

***Therapy***

**(*CBT*)**

Trigger:

**-** 1.

+ 2.

**-**  3.

+ 4.

**-** 1.

+ 2.

**-**  3.

+ 4.

Behaviors

Feelings