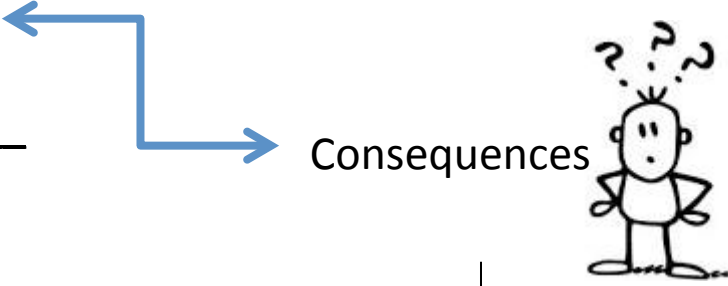
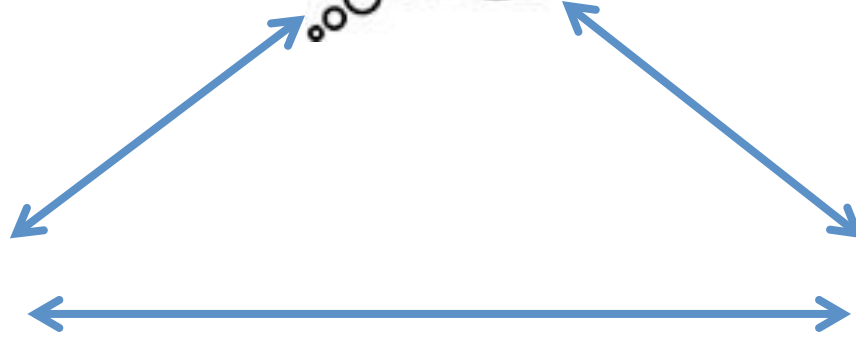


THE COGNITIVE TRIANGLE

Helpful thoughts

Unhelpful/inaccurate thoughts



Consequences

