DAVID LECHNYR

Automatic Thoughts in Cognitive-Behavioral Therapy (CBT)

Triggering Situation

Brushing teeth

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Automatic Thoughts and Images

What if the drill makes it worse?

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Emotional Reaction

Nervous, anxious

Behavioral Reaction

Went to message board and looked up what other people have said getting dental work done.

Worried about the uncertainty of the future event

Physiological Reaction

Tense
Restless

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