

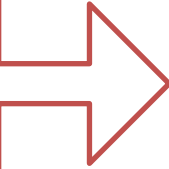
Core beliefs/Schema 核心信念



Rules & Assumptions 規則及基本假設



Trigger 誘發事件

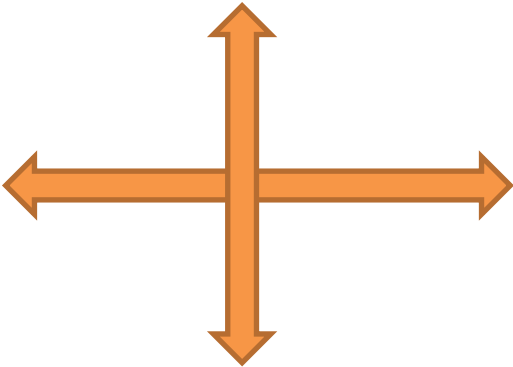


Automatic Thoughts
自動化思想



Behaviors 行為

Emotions 情緒



Physical Responses
身體反應



Coping 對應方法

Strengths and Resources 強項及資源