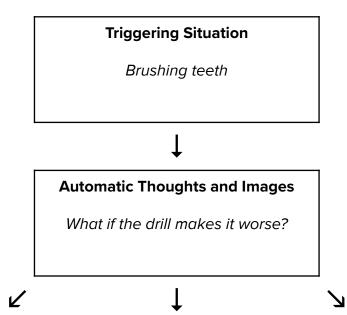
## **Automatic Thoughts in Cognitive-Behavioral Therapy (CBT)**



## **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

