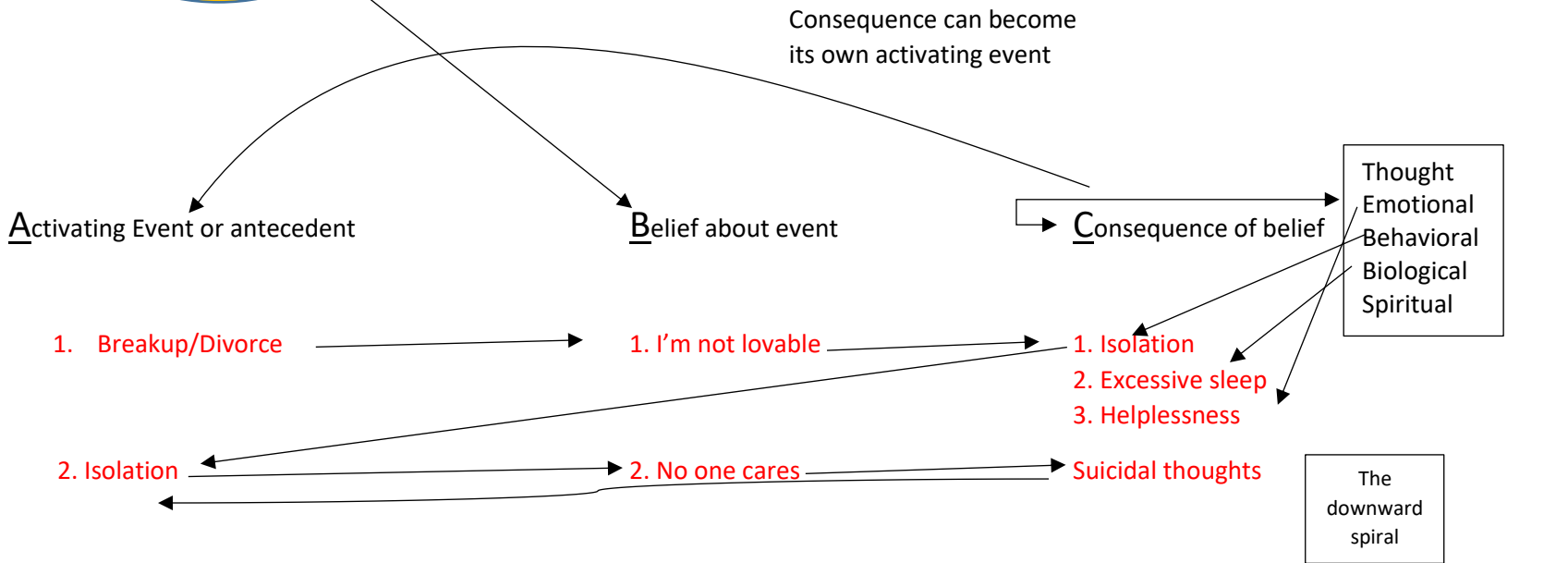
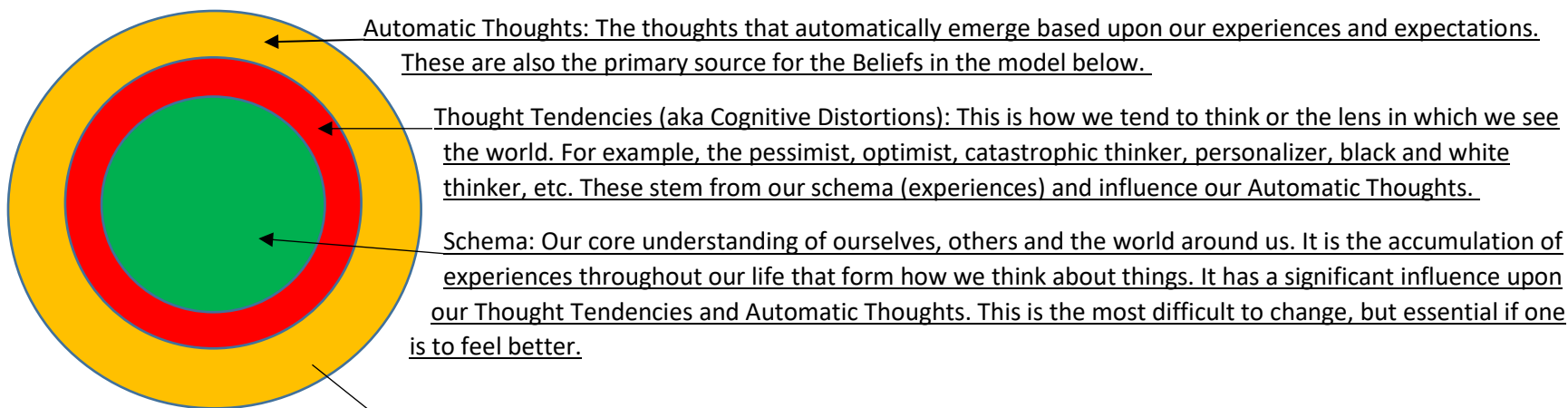


Basic Cognitive Behavioral Model



Dispute the Belief
1. People do love me

Experiment with new belief
1. Find out how many people love you

Feelings (consequences change accordingly)
1. Work to incorporate new "true" feelings and belief into schema