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## My CBT Journal: A CBT Workbook and Diary to Help You Record Your Progress Using CBT. This Workbook Is Full of Blank CBT Worksheets, Tables and Diagrams That Can Be Used to Accompany

By Dr James Manning

West Suffolk CBT Service Ltd, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.I wrote this book because I found that many of my clients found it very difficult to remember topics discussed in their CBT sessions. I discovered that giving people hand-outs tended to help a bit, but that sheets of A4 paper tended to get lost quite easily. I wanted to find a way to help my clients to keep a permanent record of their progress, so that they could look back over what they did at any time in the future. The outcome is this book. Making records can be very helpful when completing CBT. You can write notes in this book before, during, and after your sessions. This book can be used as a memory aid, and to complete homework tasks set by your therapist. Many people don't like writing in books, and in most of the CBT books I've looked at the pages are a little too small to write in. So I've made this book especially large, just so you can write in it. If you are having one-to-one CBT sessions take it with you...



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