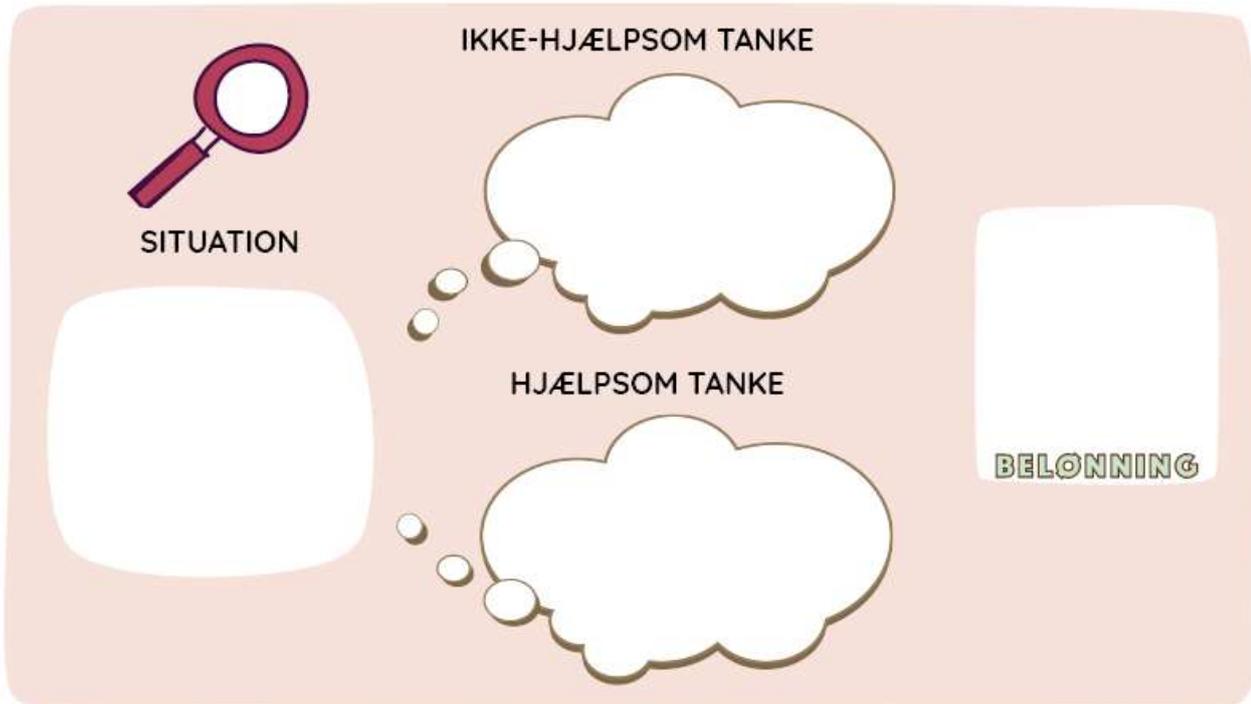


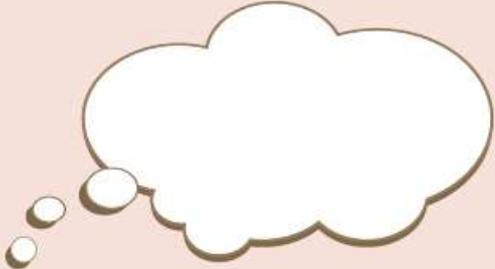
# Øvelse 3: Hjælpssomme tanker



IKKE-HJÆLPSOM TANKE



SITUATION

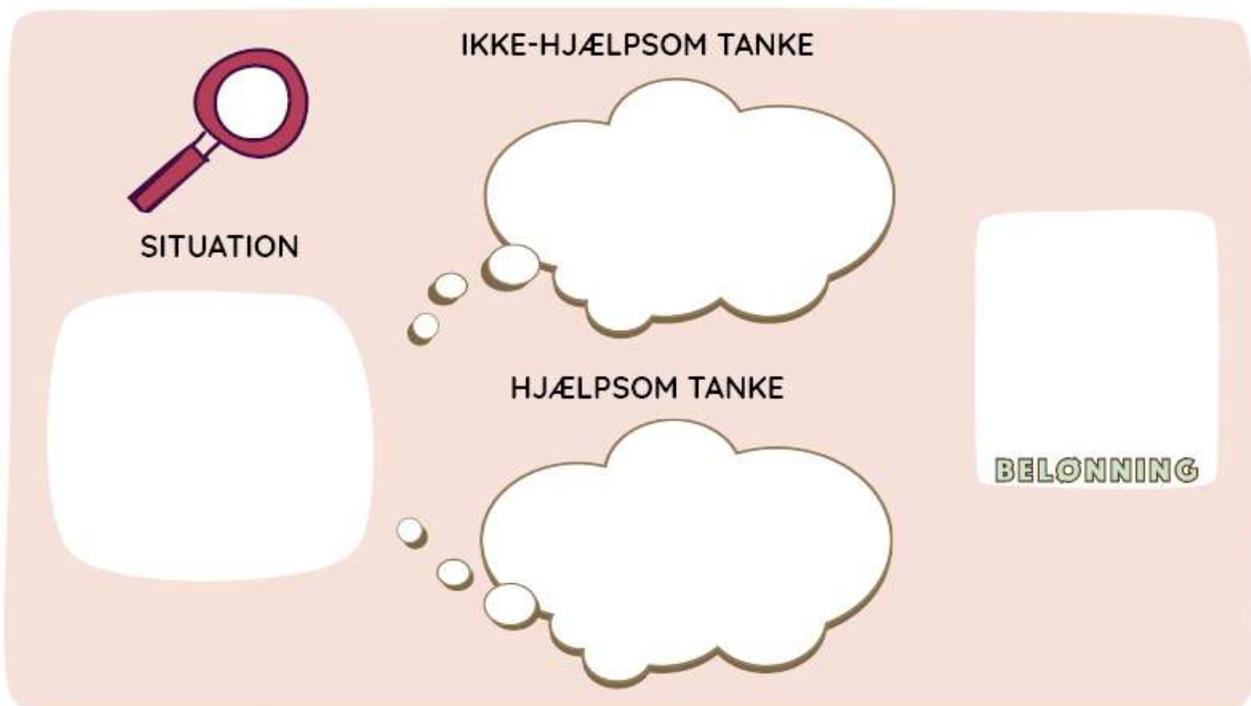


HJÆLPSOM TANKE



BELONNING

A diagram for a cognitive restructuring exercise. It features a magnifying glass icon above the word 'SITUATION'. Below this is a large, empty rounded rectangle. To the right of this rectangle are two thought bubbles. The top bubble is labeled 'IKKE-HJÆLPSOM TANKE' and the bottom bubble is labeled 'HJÆLPSOM TANKE'. To the right of the thought bubbles is a vertical rectangle labeled 'BELONNING'.



IKKE-HJÆLPSOM TANKE



SITUATION



HJÆLPSOM TANKE



BELONNING

A diagram for a cognitive restructuring exercise, identical in structure to the one above. It features a magnifying glass icon above the word 'SITUATION'. Below this is a large, empty rounded rectangle. To the right of this rectangle are two thought bubbles. The top bubble is labeled 'IKKE-HJÆLPSOM TANKE' and the bottom bubble is labeled 'HJÆLPSOM TANKE'. To the right of the thought bubbles is a vertical rectangle labeled 'BELONNING'.