


ØVELSE 3: HJÆLPSOMME TANKER



SITUATION

IKKE-HJÆLPSOM TANKE

HJÆLPSOM TANKE

BELONNING

A worksheet for cognitive restructuring. It features a magnifying glass icon labeled 'SITUATION' next to a large white rounded rectangle. To the right, there are two thought bubbles: the top one is labeled 'IKKE-HJÆLPSOM TANKE' and the bottom one is labeled 'HJÆLPSOM TANKE'. Further to the right is a white rounded rectangle labeled 'BELONNING'.


SITUATION

IKKE-HJÆLPSOM TANKE

HJÆLPSOM TANKE

BELONNING

A second identical worksheet for cognitive restructuring, featuring a magnifying glass icon labeled 'SITUATION', two thought bubbles labeled 'IKKE-HJÆLPSOM TANKE' and 'HJÆLPSOM TANKE', and a white rounded rectangle labeled 'BELONNING'.