

Identify your long term goal:

<p>My long term goal is:</p>	<p>Write it here:</p>
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<p>Typical triggers for my unhelpful thoughts or images that lead to my unhelpful behaviour are:</p>	<p>List them here:</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
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<p>Next time I come across these triggers or unhelpful thoughts I will do the following <u>instead</u> of the unhelpful behaviour:</p>	<p>List your <b>short-term alternatives</b> here:</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
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