**Stress Management Training** S7.a1

Session Seven.

***Negative/Positive Mood Log.***

Negative Beliefs, Feelings and Behaviour

Situation Beliefs about Feelings about Probable

 Situation Situation Actions

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***Stress Management Training***

Session Seven.

***Negative/Positive Mood Log.***

Positive Beliefs, Feelings and Behaviour

Situation Beliefs about Feelings about Probable

 Situation Situation Actions

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