

COGNITIVE BEHAVIORAL THERAPY FOR ANXIETY

A SURVIVAL GUIDE

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THOUGHTS

I'm useless, I'm a failure

BEHAVIOUR

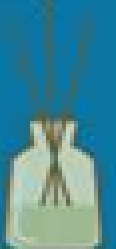
Withdraw,
isolate

FEELINGS

Low, upset

IN THIS GUIDE:

- What is CBT and How it Works
- Why Anxiety is so Powerful
- How CBT Understands Anxiety
- How CBT Tackles Anxiety
- When CBT can be Helpful with Anxiety
- What Happens in CBT Sessions
- When you need CBT for Anxiety



Manual For Group Cbt For Anxiety

**Jane M. Ussher,Joan C. Chrisler,Janette
Perz**



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