

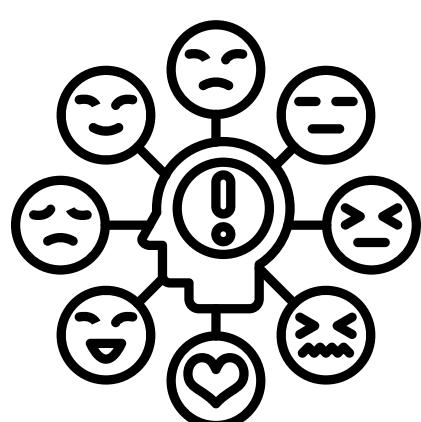
DIÁRIO DE REESTRUTURAÇÃO COGNITIVA (TCC)



1. Situação



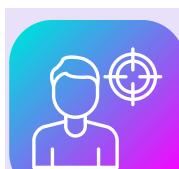
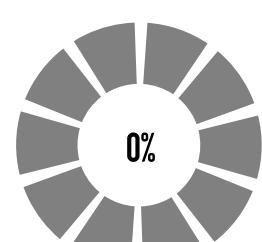
2. Emoções



3. Pensamento automático



4. Crença no pensamento automático



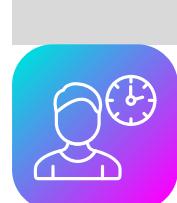
5. Evidências

- (+) _____
- (+) _____
- (+) _____
- (+) _____

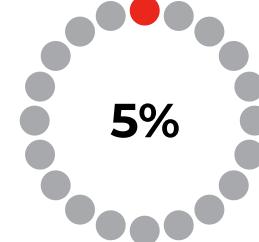
- (-) _____
- (-) _____
- (-) _____
- (-) _____



6. Pensamento alternativo



7. Reavaliação da crença



8. Reavaliação das emoções



9. Plano de Ação

- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____