

**TABLEAU DE RESTRUCTURATION COGNITIVE**

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| --- | --- | --- | --- | --- | --- |
| Situation (facultatif) | Pensées automatiques /croyances | Émotions | Comportement jusqu’à présent | Remise en question et Pensées alternatives | Résultat |
|  |  | page1image5360  page1image6712 | page1image7184  page1image8296 |  | page1image9832page1image10152  page1image11344page1image11664 |