

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Cognitive behavioural therapy

Z Q Z B Q W Z T D R K R Q J E U A X G F Q J P J  
T G E H U M O Q B D T P T F O R K O Y S O D X I  
D C J J N X X K H T C D D N M H P P J K C D C M  
C R E I B D B A C H X E T N D E P A K D E H P F  
N Y M R H U N K X E R J V K W M A E Q C B K C O  
B P I S S V U O P R S S V I S O F B U I O K R I  
U Z C F A R M U B A F W N I T T J Y R C B Z E Q  
X Y I L G K E H C P Z C E H O I T H H Z H C A J  
W R Z J A B X D J Y S Z P G X O N A J X F Q X H  
Q E H J G V L B R L B D R F G N V G L O Y E V P  
O V G V N R N G C O E K P B G S M L O K X W U T  
D O N G D V R J H P S K N W L P A Q J C I Z J O  
D C C B I Z V D R T G I N Y F R T Z M P H N N F  
O E S W P M H E F H H D D T U A N D C I Q W G U  
N R H F Q T S M M V X W Q O E G G I W R R F T S  
S H T W U S Q M V Y Q X I F Q D D Q P C J R S B  
H V K G I A I L Z B D V T D F L O G I Y E Y C R  
A C Y O M R L H T L A E H L A T N E M A V N U H  
F L N T C C F G V H K C S B Q X U Y T U R Q G V  
I O E K Q P M J E G L I U C E N P M T P B U J M  
U G X A L W G B V N P Z J U I E E T O C F U U P  
O S X J U P K R E V H I A V B N T D O S R X I F  
I K T H O U G H T S A Q K Z T L O Y S X V C Z O  
M F H N D J W S G N I L E E F Z A A L T T G E D

mental health

behavioural

depression

treatment

cognitive

disorders

recovery

emotions

feelings

thoughts

talking

therapy