

# COGNITIVE BEHAVIOURAL THERAPY

A long back when I was asked to start CBT, I denied thinking its gonna be a one sided story.

But Infact,

I am very very HAPPY due to CBT

It builds self confidence

Diary - Too helpful to know about mood fluctuations.

Helps us to recognise ON OUR OWN where we stand and where we started diverting. ↓ where have from

STRESS BUSTER because we share all our thoughts with someone.

Probably EQUALLY IMPORTANT as medicines

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