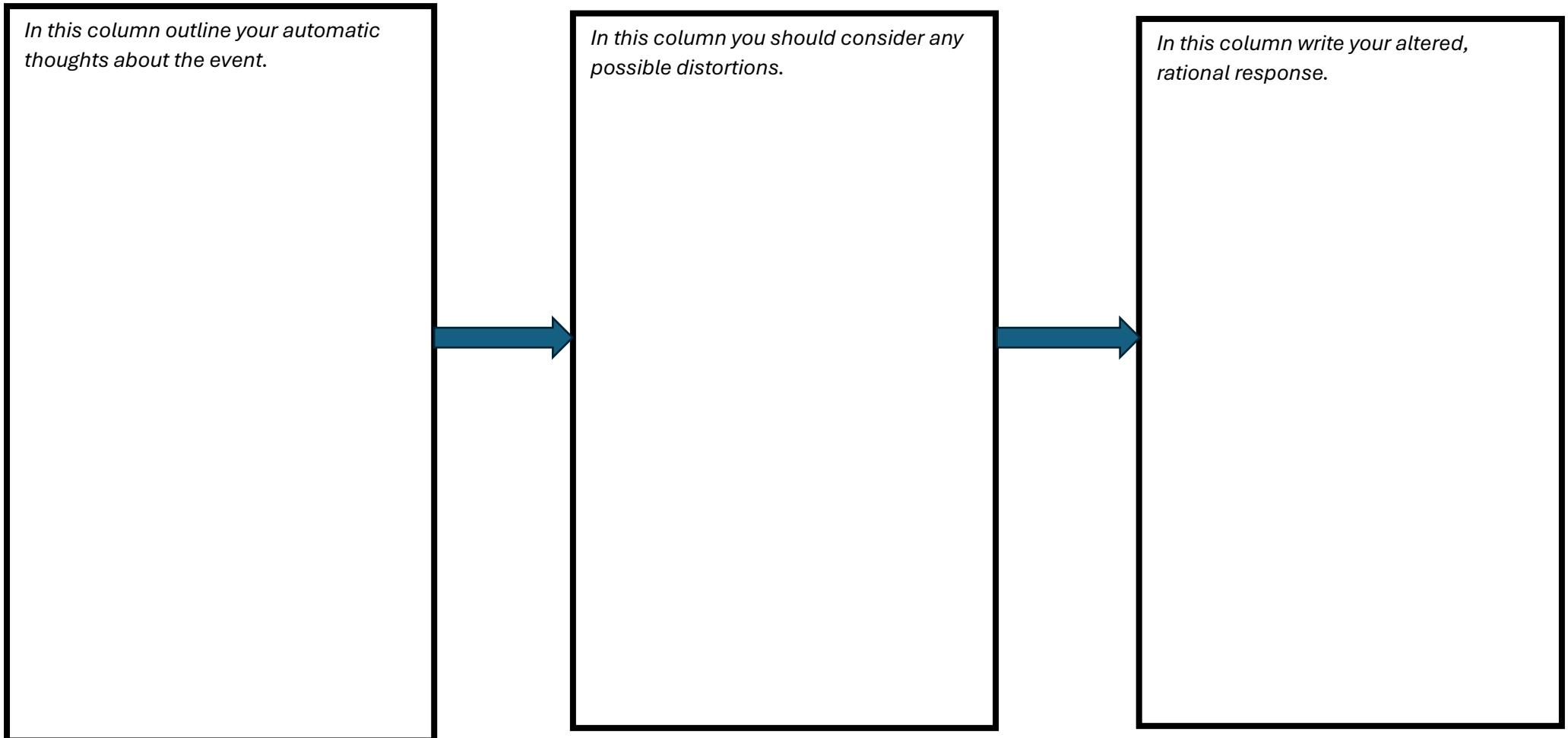


The Triple Column Technique*

When you have completed this table, you may find it useful to talk it through with a colleague or mentor.



*Adapted from:

Burns, D. D. (1989) *The Feeling Good Handbook*. New York: Penguin Books.