


Prescription

To be completed within the context of a paradoxical approach in order to allow the participant to have dark thoughts while exercising control over his/her emotions.

I'm taking charge
of my arthritis!

For

 Date

Feel sorry for yourself, 15 min. per day.

Worry yourself, 15 min. per day.

Belittle yourself, 15 min. per day.

Have a negative outlook on life, 15 min. per day.
day.

Other:

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