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1 4 Bell Minor Home, The 2200 Old Hamilton Place Ne
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WORKSHEET 5.1 POSITIVE APPRAISAL - Oxford Clinical Psychology

As Soon As An Open Memory Is Triggered, Try To Draw Your Attention Away And Engage In A Physical Or Cognitive Task That . Interests You. In The Following Spaces, Write Down Three Experiential, Engaging, Hands-on, And Complex Activities That Can Divert Your Attention From Negative Memories. Tayyab Rashid,

Martin Seligman Positive Psychotherapy. Apr 7th, 2024

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