

Supplementary Material

Article Title: Conflict Mediation by Cognitive-Behavioral Therapy: A New Psychotherapeutic Strategy

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LIST OF SUPPLEMENTARY MATERIAL FOR THE ARTICLE

1. Supplementary Figure 1
2. Supplementary Figure 2

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Supplementary Figure 1

Downward Arrow^a

Use this worksheet to write out your own automatic thoughts:

If that were true... What does that mean or say about you?

If that were true... What does that mean or say about you?

If that were true... What does that mean or say about you?

If that were true... What does that mean or say about you?

If that were true... What does that mean or say about you?

If that were true... What does that mean or say about you?

If that were true... What does that mean or say about you?

If that were true it would bother me because it would mean...

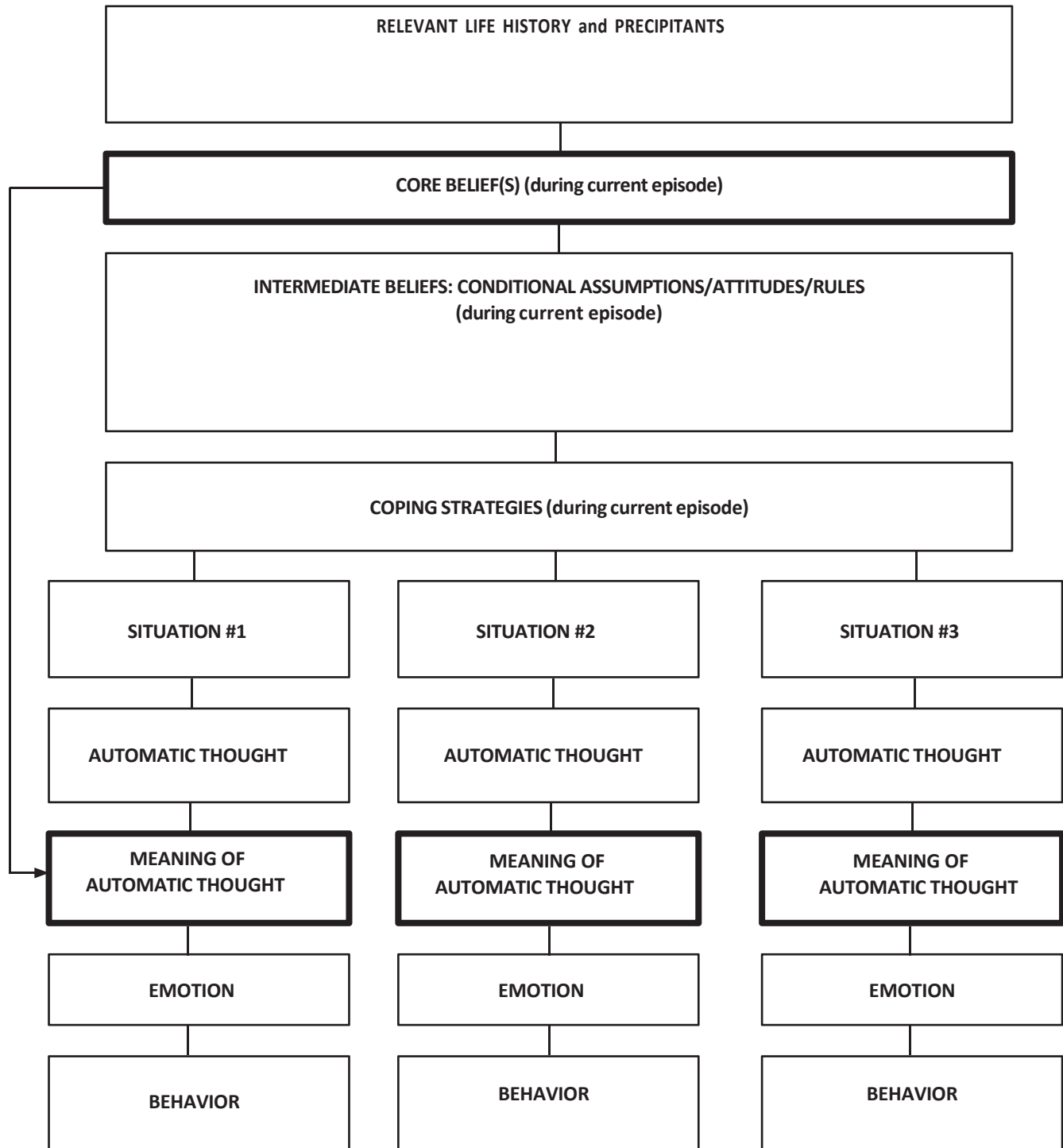
Core Belief!

^aBased on psychotherapeutic strategies described in Beck JS. *Cognitive Behavior Therapy: Basics and Beyond*. Third Edition. The Guilford Press:New York, NY;2020.

Supplementary Figure 2

COGNITIVE CONCEPTUALIZATION DIAGRAM WORKSHEET^a

Name: _____ Date: _____ Diagnosis: _____



^aBased on psychotherapeutic strategies described in Beck JS. *Cognitive Behavior Therapy: Basics and Beyond*. Third Edition. The Guilford Press:New York, NY;2020.