What is the event? What goes through my mind about my tinnitus?			
Identifying Core Beliefs about Self	Identifying Core Beliefs about the World	Identifying Core Beliefs about the Future	
If this is true, what does it mean about me?	If this is true, what does it mean about the world around me or my life?	If this is true, what does it mean about the future?	

If this is true,	If this is true,	If this is true,
what does it	what does it	what does it
mean about me?	mean about the	mean about the
	world around me	future?
•••••	or my life?	
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	•••••	
	•••••	
•••••		
If this is true,	If this is true,	If this is true,
what does it	what does it	what does it
mean about me?	mean about the	mean about the
mean about me:		
	world around me	future?
	or my life?	
If this is true,	If this is true,	If this is true,
what does it	what does it	what does it
mean about me?	mean about the	mean about the
mean about me.	world around me	future?
	or my life?	iutuic.
	or my me.	
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