

CBT Cards, a token system to use with my [CBT Videos for Kids](#)

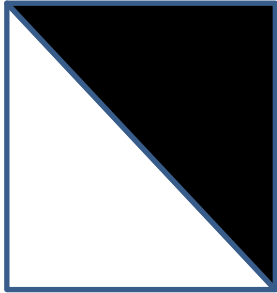
Instructions for using these cards, and other free CBT resources, are on my website [here](#).

The final page of this download is a card backing which you may use for the back of the cards if you like.

Joel Shaul, LCSW



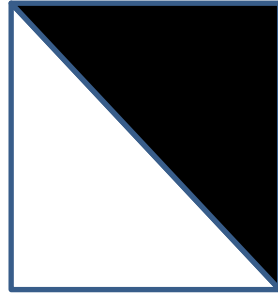
Black and
White Thinking



Black and
White Thinking

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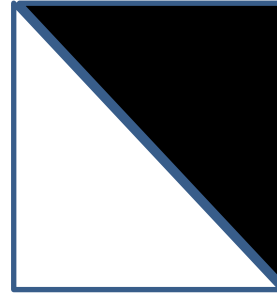
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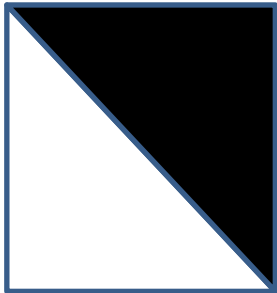
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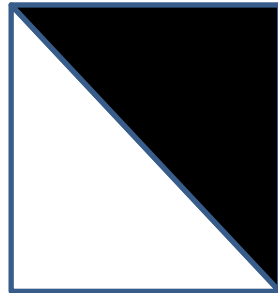
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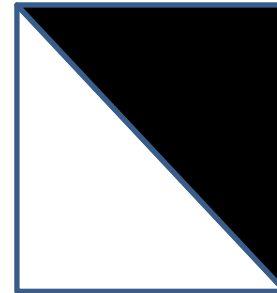
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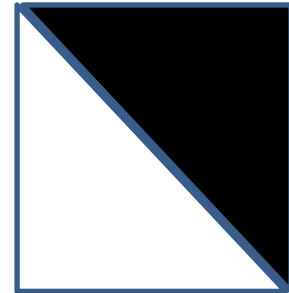
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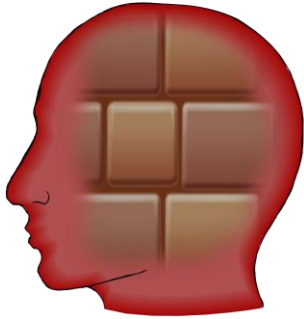
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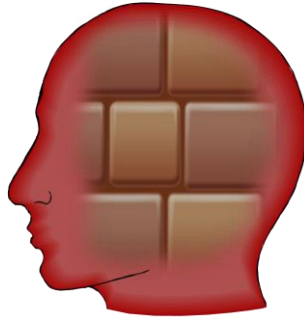
Rigid Thinking



Rigid Thinking

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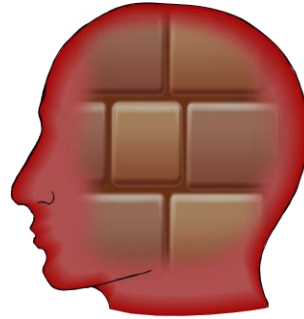
Rigid Thinking



Rigid Thinking

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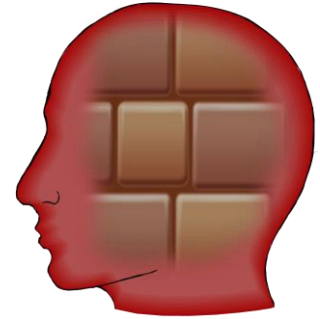
Rigid Thinking



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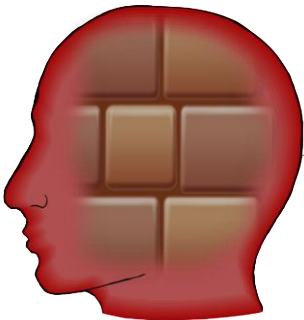
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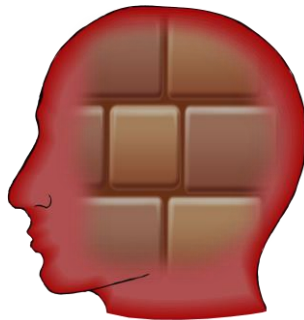
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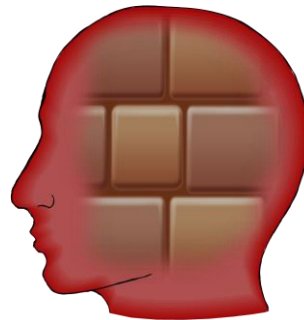
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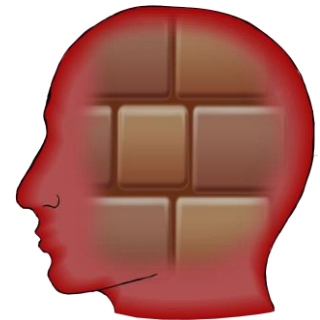
Rigid Thinking



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Rigid Thinking



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Blaming Others
Too Much



Blaming Others
Too Much



Blaming Others
Too Much



Blaming Others
Too Much



Blaming Yourself
Too Much

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Blaming Yourself
Too Much

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Blaming Yourself
Too Much

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Blaming Yourself
Too Much

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Blaming Others
Too Much



Blaming Others
Too Much



Blaming Others
Too Much



Blaming Others
Too Much



Blaming Yourself
Too Much

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Blaming Yourself
Too Much

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Blaming Yourself
Too Much

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Blaming Yourself
Too Much

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Predicting
without Proof



Predicting
without Proof

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Searching for
the Bad



Ignoring the
Good

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Searching for
the Bad



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If you want the cards to have this backing instead of just white, then start by printing this sheet five times.
Then, print cards one through five on the opposite side.

