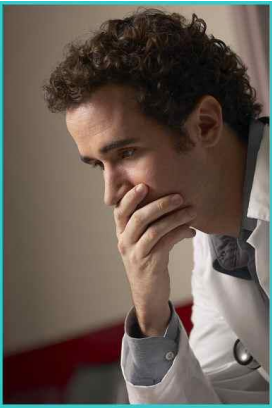
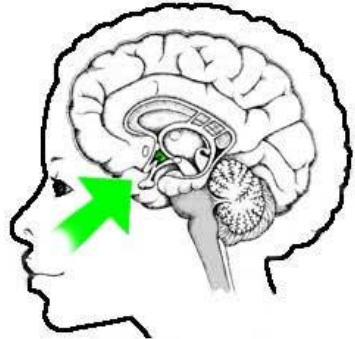


INTRODUCTION TO REBT

Frontal Cortex

*B*elief

Limbic System



Activating Event/**A**dversity

Consequence