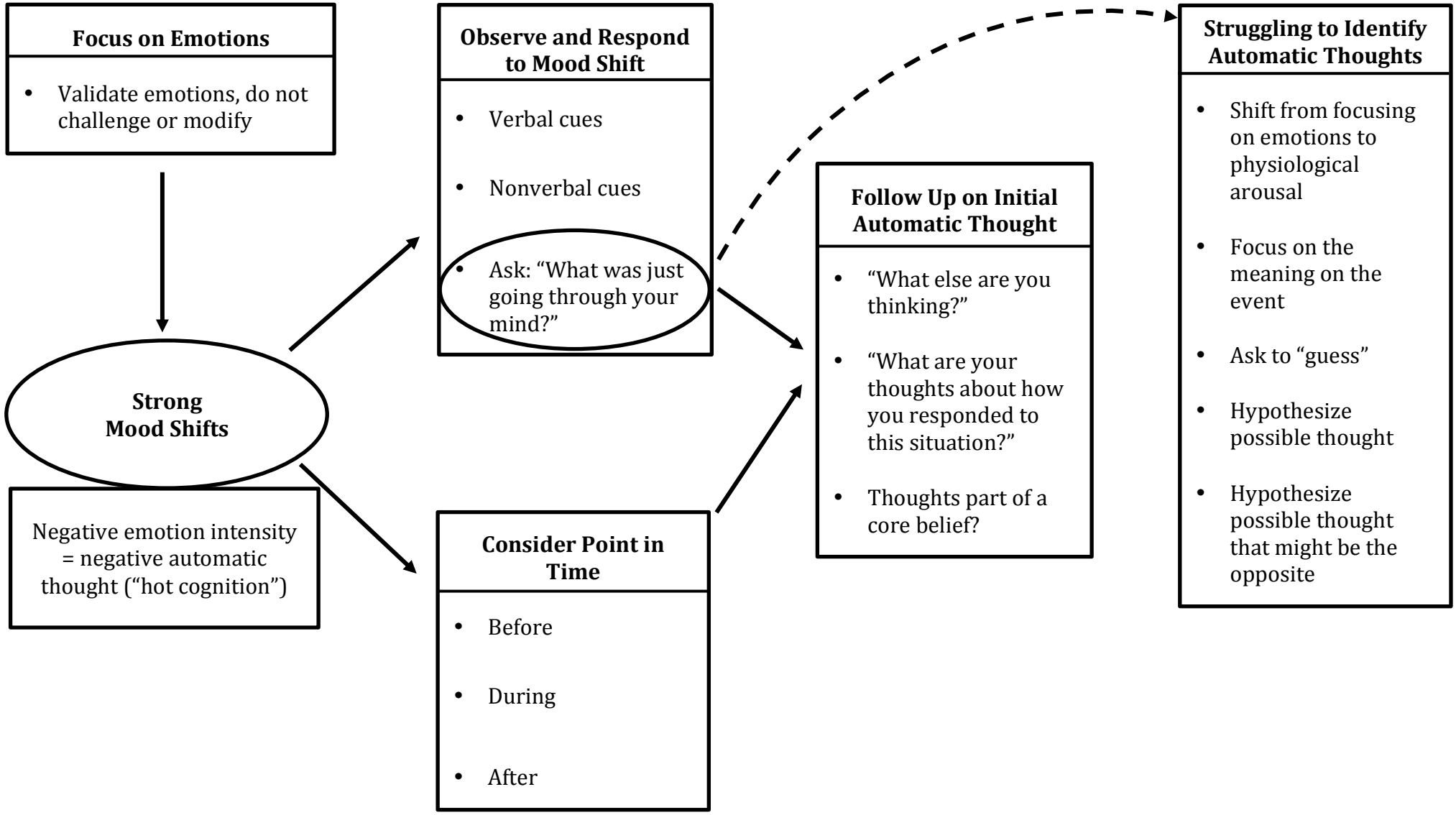Figure 7.1
Guided Discovery: Using Emotions to Elicit Automatic Thoughts