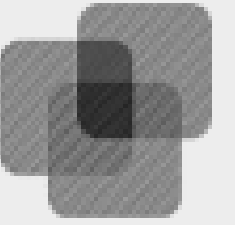


COMO A GENTE FUNCIONA?

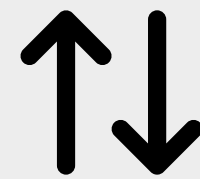




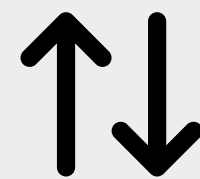
Situação



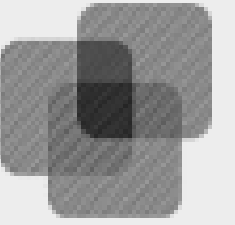
Pensamento



Emoção



Comportamento



**NÃO SÃO OS EVENTOS QUE
NOS CAUSAM ALGO, MAS SIM O
QUE PENSAMOS SOBRE ESSES
EVENTOS**