

**Θεραπευτική Ενότητα 5: Λαμβάνοντας αποφάσεις**

**5.4β Τι θα συμβεί αν…; Πεποιθήσεις και οι συνέπειές τους**

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|  | **Υπόθεση** | Εγώ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Εγώ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ δεν |
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| **Πραγματι-κότητα** |  | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
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