

**Module thérapeutique 5 : Tirer des conclusions**

**Feuille de travail 5.4b Et si… ? Les convictions et leurs consequences**

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|  | **Hypothèses** | Je \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | |  | | --- | | Je ne \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ pas | |  | | \_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | |
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