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Failure to undertake home-based assignments
Brief interventions
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## Think good, feel good: an overview of materials

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  Worksheets
How you feel
  Summary
  Worksheets
Controlling your feelings
  Summary
  Worksheets
Changing your behaviour
  Summary
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  Summary
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Eight ways to be kind to yourself
  Treat yourself like you would treat a friend
  Don’t beat yourself up when you are feeling down
  Forgive yourself
  Celebrate what you do
  Accept who you are
  Speak kindly to yourself
  See the good in others
  Be kind to others

5 Here and now
Do you really notice what you do?
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