

**TIKAL
BAY
TEK**

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CBT*ABC way apps!

Cognitive-Behavioral Therapy (CBT)

ABC Thought Record

Download the apps at the
Apple iTunes App Store
for iPhone, iPad, iPad Mini, and iPod Touch

kid CBT*ABC way



kid CBT ABC

teen CBT*ABC way



teen CBT ABC

adult CBT*ABC way



adultCBTABC

Behavioral Sciences Inspiring Technology

**CBT is Cognitive-Behavioral Therapy
&
ABC way is Antecedent (Situation/Event),
Belief (Thoughts), and Consequence (Feelings)**

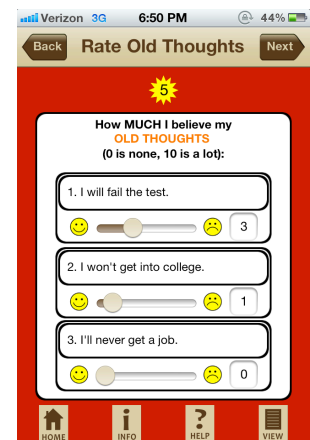
The CBT*ABC way apps from TikalBayTek are to help young kids, teens, and adults practice paying attention to negative thoughts and to learn to challenge them with reasonable thoughts.

The apps help coach brains to be good Fact-Checkers! They can also help practice what counselors and therapists teach in sessions related to issues such as anxiety and depression.*

Think of these FACT-CHECKERS when you need REASONING thoughts!



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* The apps are not intended to be substitutes for professional medical or mental health advice. Please also seek help from a trained professional.