CPT: Dispute stuck points

Gently challenge the stuck point using logic, evidence, and compassion.

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write a	complete	HSt OI	evidence	Supports	UIIIS	Delle1/5	LUCK	DOINL.

What evidence goes against it or disproves it?

Am I using all-or-nothing or catastrophic thinking?

Write about a more balanced way to think about it.

