

DIURETICS CAUSES & NEW COPING STRATEGIES

So, what's causing you to reach out for the diuretics? Yes, your thoughts and feelings, so complete the table of what's causing you to reach out for the diuretics, listing your thoughts and feelings. Then to challenge these, create new powerful positive coping strategies.

DIURETICS CAUSES & NEW COPING STRATEGIES

THE CAUSES:	NEW COPING STRATEGIES:
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.
9.	9.
10.	10.