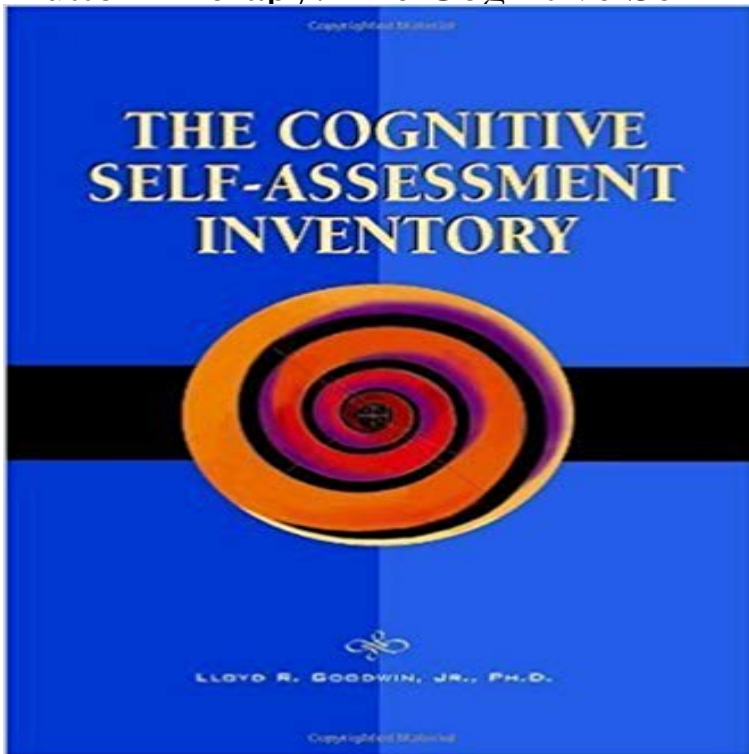


Button Therapy: The Cognitive Self-Assessment Inventory



The Cognitive Self-Assessment Inventory (CSAI) is designed to help you identify and gain a better understanding of your core beliefs, should messages, defense mechanisms, personality traits, thought distortions, and Buttons (i.e. attachments or demands). The CSAI is designed to be used in conjunction with The Button Therapy Book: How to Work on Your Buttons and the Button-Pushers in Your Life by Lloyd R. Goodwin, Jr. The Button Therapy Book more fully explains the cognitions on the CSAI as well as the concept of Buttons and Button Therapy. Button Therapy includes a six-step psychological self-help method based on a holistic cognitive therapy model. See also: The Button Therapy Book The Six-Step Button Therapy Method Button Therapy: Set of Three Books SAVE \$3 US/\$5 CDN by buying the complete set

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