**ANALYSE FONCTIONNELLE – AUTO-OBSERVATION**

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| **DATE ET SITUATION** | **EMOTION** | **PENSEE** | **COMPORTEMENT** | **CONSQUENCES CT** | **CONSEQUENCES LT** |
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| **DATE ET SITUATION** | **EMOTION** | **PENSEE** | **COMPORTEMENT** | **CONSQUENCES CT** | **CONSEQUENCES LT** |
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