

# THE COGNITIVE MODEL

## **Situation**

Something happens. This step covers only the facts of what happened, without any interpretation.

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## **Thought**

Using thought, you interpret the situation. These interpretations are not always accurate. There are many ways to think about the same situation.

My Actual Thought

Alternate Thought

## **Feeling**

You experience emotions based upon your thoughts about the situation.

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## **Behavior**

You respond to the situation based upon your thoughts and feelings.

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