

Name _____

Date _____

THE COGNITIVE MODEL

SITUATION

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



THOUGHT

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

MY ACTUAL THOUGHT

[illegible]

ALTERNATE THOUGHT

[illegible]

FEELING

You experience emotions based upon your thoughts about the situation.

This is a blank sheet of white paper with horizontal blue or grey ruling lines, typical of notebook paper. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

A large rectangular box with horizontal dashed lines for writing.



BEHAVIOR

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

[illegible]