THE COGNITIVE MODEL  SITUATION  FEELINGS  Rate your mood (0-100%)  What were you thinking in this situation?	Name	Date
Rate your mood (O-100%)  low did you feel in this situation?	THE COGNITIVE MODEL	
Rate your mood (O-100%)  low did you feel in this situation?	SITUATION	
low did you feel in this situation?		
low did you feel in this situation?		
low did you feel in this situation?		
low did you feel in this situation?	FEELINGS	Rate your mood (0-100%)
Vhat were you thinking in this situation?	How did you feel in this situation?	
What were you thinking in this situation?		
Vhat were you thinking in this situation?		
What were you thinking in this situation?		
Vhat were you thinking in this situation?		
	What were you thinking in this situation?	
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low did you feel after the rebuttal?	How did you feel after the rebuttal?	
O = feeling miserable		U = feeling miserable 100 = feeling ok