

Name_____

The Cognitive Model

SITUATION

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

[illegible]


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



A large rectangular box with horizontal dashed lines for writing.

Alternate Thought



FEELING

You experience emotions based upon your thoughts about the situation.



BEHAVIOR

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

