

The Cognitive Model

Situation

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



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.



Behavior

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

