The Cognitive Model

Example Sheet

Situation

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

A coworker, who I'm usually friendly with, walked past me in the hallway without saying "hello".





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
What did I do wrong? Why
is she mad at me?

Alternate Thought

She didn't even notice me.

She must have a lot on her

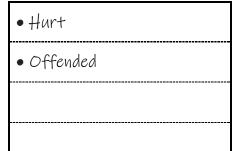
mind.





Feeling

You experience emotions based upon your thoughts about the situation.









I wouldn't give the

Behavior

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

I couldn't stop thinking
about what happened.
Later, I acted coldly
toward the coworker.

situation a second thought.

I would act warmly to my

coworker, as usual.

The Cognitive Model

Practice Sheet

Situation Something happens. This step covers only the facts of what happened, without any interpretation. **My Actual Thought Alternate Thought Thought** Using thought, you interpret the situation. These interpretations are not always accurate. There are many ways to think about the same situation. **Feeling** You experience emotions based upon your thoughts about the situation. **Behavior** You respond to the situation based upon your thoughts and feelings.