

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.

- Hurt
- Offended

- Unfazed
- Neutral



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.

I wouldn't give the 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.



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.

