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.

**Feeling**
You experience emotions based upon your thoughts about the situation.

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