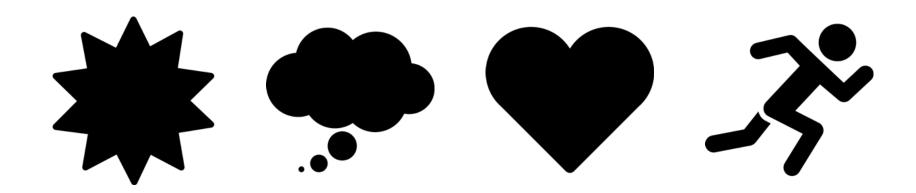
The Cognitive Model



Situation → Thought → Emotion → Behavior something happens

the situation is interpreted

a feeling occurs as a result of the thought

an action in response to the emotion