

The Cognitive Behavioral Model

THOUGHTS / BELIEFS

What an individual thinks or believes about a situation. How the individual interprets an event.

SITUATIONS

Anything that happens in an individual's environment. Situations are outside of the individual's direct control, but they can be influenced by behaviors.

BEHAVIOR

The individual's outward response or actions in response to a situation.

EMOTIONS

How a person feels about a situation. Emotions are not necessarily based in logic, but they are influenced by thoughts and beliefs.

