## The Cognitive Behavioral Model

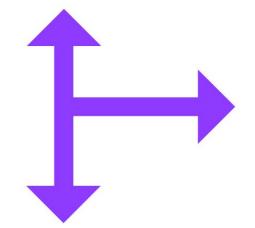


Thoughts / Beliefs

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



Anything that happens to a person.
Situations are ultimately outside of the individual's control, but they can be influenced by behaviors.



Behavior / Response

The person's actions and behaviors in response to their thoughts and feelings about 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.