The Cognitive Behavioral Model

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

**Thoughts / Beliefs**
What a person thinks or believes about a situation. How the individual interprets an event.

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

**Behavior / Response**
The person’s actions and behaviors in response to their thoughts and feelings about a situation.