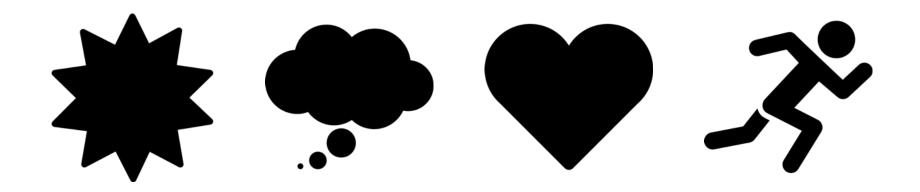
The Cognitive Model



something happens

the situation is interpreted

Situation - Thought - Emotion - Behavior

a feeling occurs as a result of the thought an action in response to the emotion

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