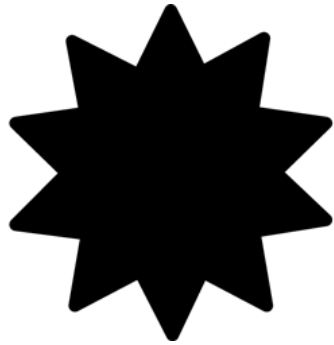


The Cognitive Model



Situation

something happens



Thought

the situation is
interpreted



Emotion

a feeling occurs as a
result of the thought



Behavior

an action in response to
the emotion