

# The Cognitive Model: Example Sheet

- Situation: An event or circumstance that triggered a thought or feeling
- Thoughts: Your automatic thoughts in response to the event or situation
- Feelings: The emotions you felt from these thoughts
- Behavior: The actions or reactions that follow

## Let's Practice

Outline your thoughts, feelings and behavior in a recent situation

Situation	Thoughts	Feelings	Behavior
<i>I called my friend and they did not pick up</i>	<i>I must have done something wrong. They must find me very annoying</i>	<i>Hurt, sad, lonely, anxious</i>	<i>Avoid my friends and isolate myself</i>

Explore an alternative thought. How would you feel and act differently?

Alternative Thoughts	New Feelings	New Behavior
<i>My friend did not have their phone when I called</i>	<i>Unbothered</i>	<i>Speak to my friend once they can call me back and make plans to connect</i>

Reflection: How will you apply your learnings in future situations?

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*I will challenge my initial negative thoughts before taking any actions*

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