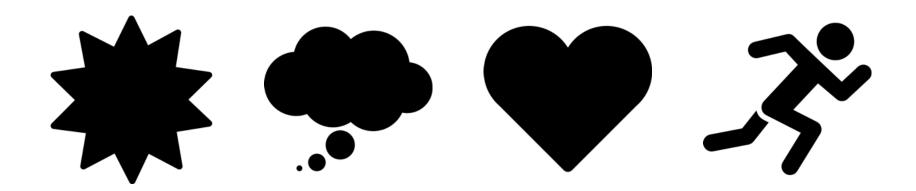
## The Cognitive Model



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