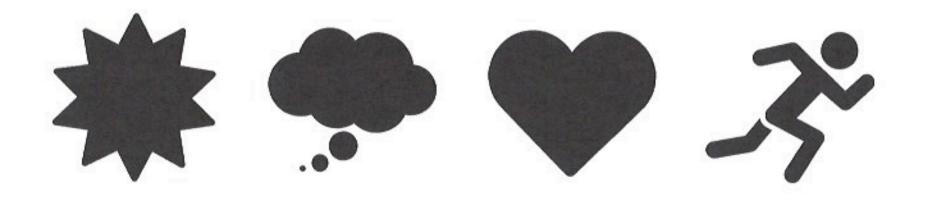
The Cognitive Model



Situation → Thought something happens

the situation is interpreted

→ Emotion → Behavior

a feeling occurs as a result of the thought

an action in response to the emotion