Situation

Situations are the things that happen to you. These are factual, verifiable events with a clear *who*, *what*, *when*, and *where*:

- 🚗 Another driver pulls in front of you, forcing you to brake.

- 💔 A song on the radio reminds you of your ex and how they broke up with you.

Thought

Thoughts are how you interpret a situation. They're often just a guess about what *might* be true. When the facts aren't known, your mind fills the blanks using your beliefs and experiences.

- 🚗 When another driver pulls in front of your car, you think, "What a selfish idiot!"

- 💔 Remembering a breakup, you think, "I'll always be alone."

Cognitive Behavioral Model

Behavior

Behaviors are actions you take in response to a situation. Your feelings affect how you act, and your actions influence how others respond and what happens next.

- 🚗 Angry at a driver who pulled in front of you, you honk your horn. The other driver then gets angry and honks back.

- 💔 Convinced no one will find you attractive, you don't make an effort to get to know others. Over time, your social circle gets smaller and smaller.

Emotion

Your thoughts about a situation determine how you feel about it. Many situations aren't inherently good or bad. It's how you think about them that most affects what you feel.

- 🚗 Assuming a driver meant to cut you off, you feel angry.

- 💔 Believing you'll never find love again, you feel sad.