

THE COGNITIVE MODEL

EXAMPLE SHEET

SITUATION

SOMETHING GOES DOWN. THIS STAGE SPILLS ONLY THE RAW DEETS, NO FANCY ANALYSIS.

A usual chatty buddy from work strolled by me in the hallway, playing the silent ninja!



THOUGHT

THROUGH THE MAGICAL POWER OF THOUGHT, YOU DECODE THE SCENE LIKE A DETECTIVE. BUT BEWARE, SOMETIMES THOSE BRAIN TRANSLATIONS CAN BE AS WONKY AS A THREE-LEGGED CAT TRYING TO TANGO. REMEMBER, THERE'S A WHOLE CIRCUS OF WAYS TO VIEW THE SAME SCENARIO!

MY ACTUAL THOUGHT

Where did I mess up?
Why is she giving me the silent treatment?

ALTERNATE THOUGHT

She breezed by, completely in her own world. Must be juggling a circus up there!



FEELING

YOUR FEELINGS ARE LIKE A ROLLERCOASTER RIDE, ALL BASED ON THE WILD THOUGHTS RUNNING THROUGH YOUR MIND!

- Hurt
- Offended

- Unfazed
- Neutral



BEHAVIOR

REACT TO THE SCENARIO WITH A MIX OF YOUR OWN THOUGHTS AND EMOTIONS.

I couldn't shake off the crazy incident. So, when I saw my coworker later, I gave them the Arctic chill treatment.

I'd brush it off without a care and keep spreading my coworker love vibes as per usual!

THE COGNITIVE MODEL

PRACTICE SHEET

SITUATION

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THOUGHT

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MY ACTUAL THOUGHT

ALTERNATE THOUGHT



FEELING

YOUR FEELINGS ARE LIKE A ROLLERCOASTER RIDE, ALL BASED ON THE WILD THOUGHTS RUNNING THROUGH YOUR MIND!



BEHAVIOR

REACT TO THE SCENARIO WITH A MIX OF YOUR OWN THOUGHTS AND EMOTIONS.
