



# KCB Recovery

## The Cognitive Model



### Situation

Something happens. This step covers only the facts of what happened, without any interpretation

I said 'Hi' to my friend in the hallway and he ignored me

### Thought

Using thought, you interpret the situation. These interpretations are not always accurate. There are many ways to think about the same situation.

#### Actual Thought

What did I do wrong? Why is he mad at me?

#### Alternative Thought

- Perhaps he didn't hear me
- He might have a lot on his mind

### Feeling

You experience emotions based upon your thoughts about the situation.

- Embarrassed
- Hurt
- Offended

- Unbothered
- Neutral

### Behavior

You respond to the situation based upon your thoughts and feelings.

- Keep thinking about what I did wrong
- Start to ignore my friend

- Move along with my day
- Act friendly to my friend as usual





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#### Alternative Thought



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You experience emotions based upon your thoughts about the situation.



### Behavior

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## Reflection Questions

How has this exercise Changed your perspective?

Did you learn anything from this exercise? If so, please specify.

Make 1 new commitment to yourself: