

The Cognitive Model

Learn how thoughts, feelings and
behaviours interact

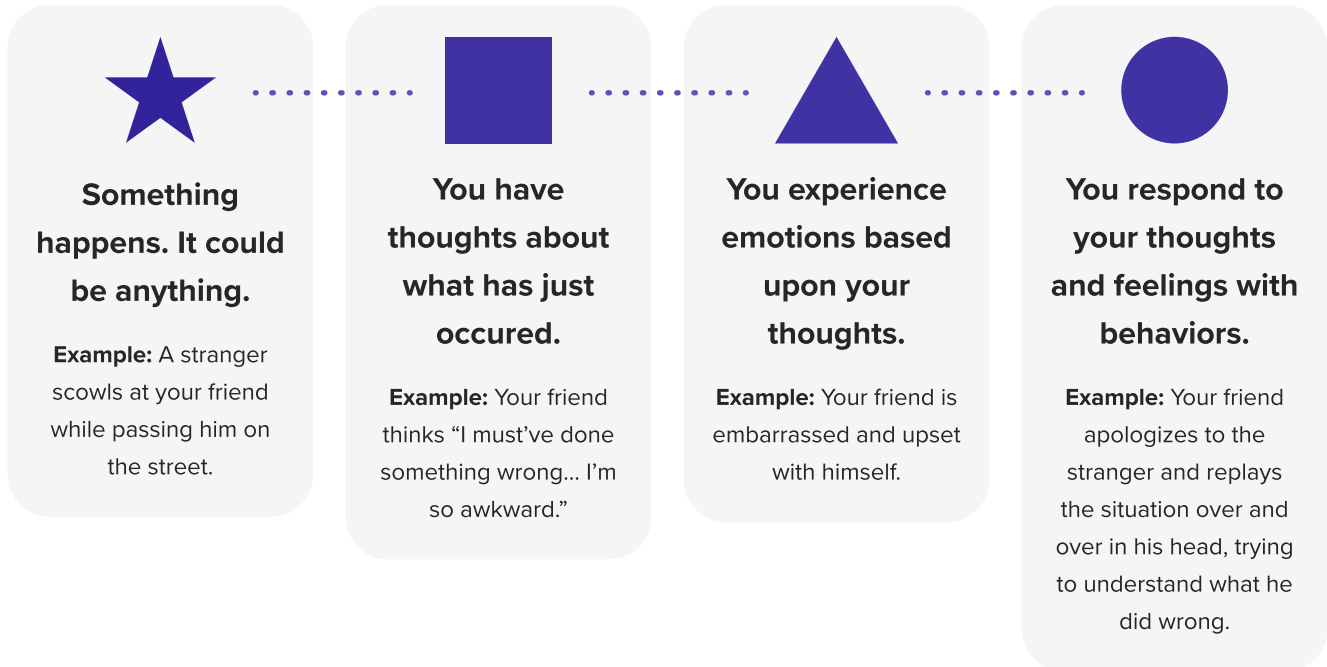


HelloSelf

The Cognitive Model

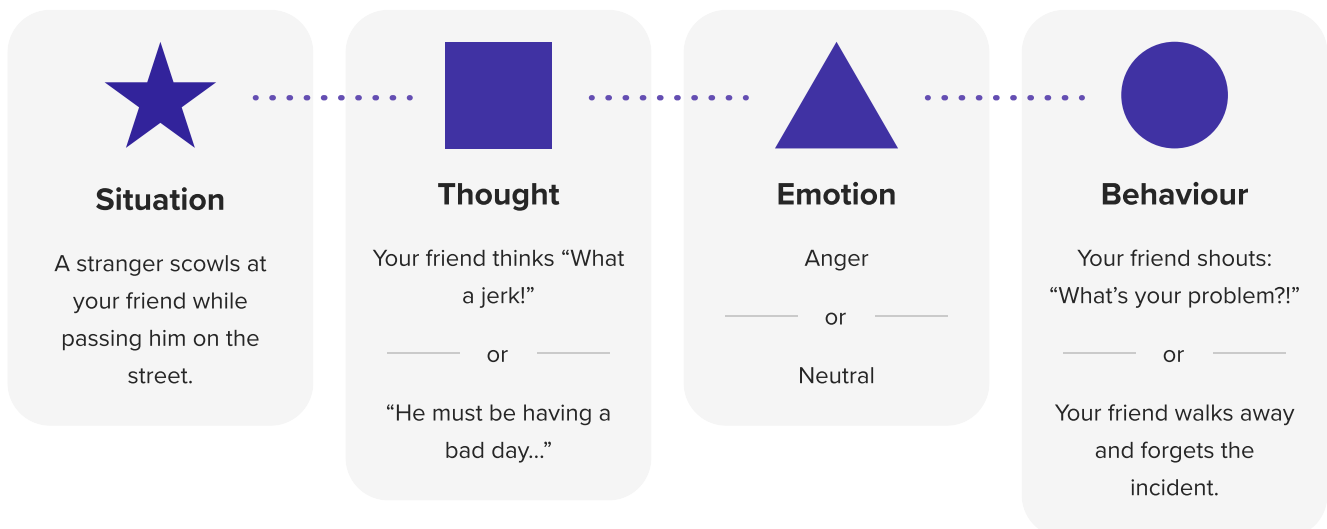
Thoughts, Emotions & Behaviours

Cognitive behavioural therapy (“CBT”) is based on the idea that how you think determines how you feel and how you behave. The diagram and example below show us this process:



In this example, you might’ve noticed that your friend’s thought wasn’t very rational. The stranger could’ve been scowling for any number of reasons. Maybe the stranger just got dumped, or maybe he scowls at everyone. Who knows?

As humans, we all have irrational thoughts like these. Unfortunately, irrational or not, these thoughts still affect how we feel, and how we behave. Consider how your friend might’ve responded to the same situation if he had a different thought:



Using the cognitive model, you will learn to identify your own patterns of thoughts, emotions, and behaviours. You’ll come to understand how your thoughts shape how you feel, and how they impact your life in significant ways.

Once you become aware of your own irrational thoughts, you will learn to change them. The thoughts that once led to depression, anxiety, and anger will be replaced with new, healthy alternatives. You will be in control of how you feel.