

Cognitive Behavioral Model

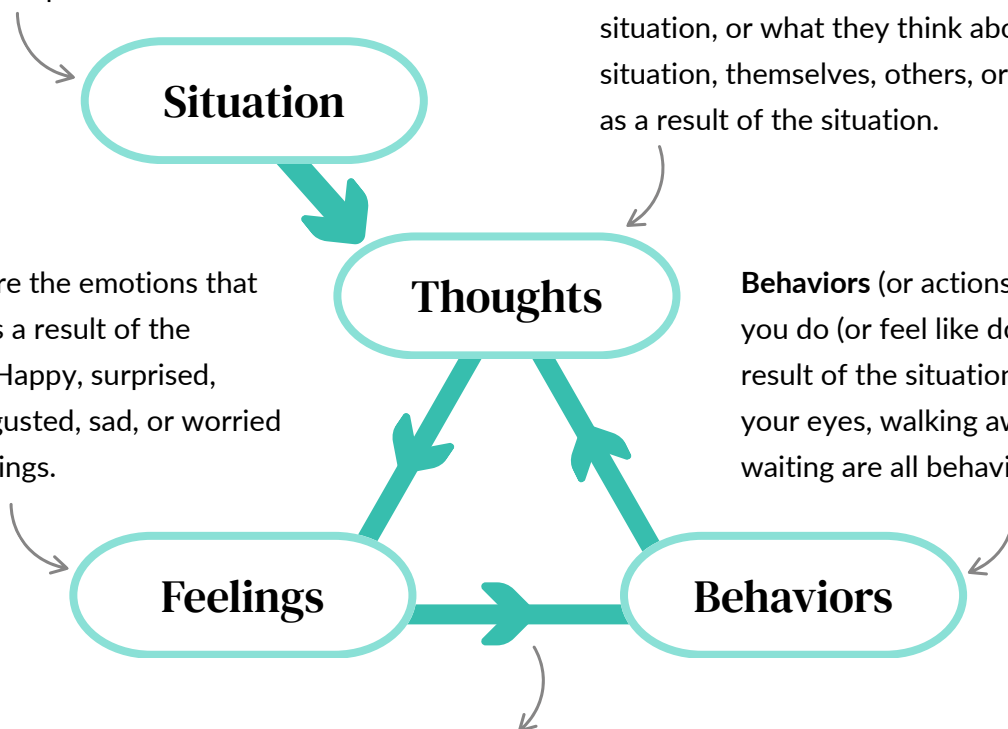
Cognitive Behavioral Therapy (CBT) is based on the cognitive behavioral model, which breaks down our experiences into thoughts, feelings and behaviors. Let's take a closer look at the model.

The **Situation** is what happens to create a response. Situations could include conversations, receiving news, disagreements, everyday tasks - anything that a person experiences that has created an emotional, cognitive (thought-based), or behavioral response.

Thoughts (or cognitions) are the words or images that go through your head. These include perceptions, beliefs, and interpretations - what someone makes of a situation, or what they think about the situation, themselves, others, or the world as a result of the situation.

Feelings are the emotions that you feel as a result of the situation. Happy, surprised, angry, disgusted, sad, or worried are all feelings.

Behaviors (or actions) are what you do (or feel like doing) as a result of the situation. Rolling your eyes, walking away, and waiting are all behaviors.



Thoughts, feelings, and behaviors all **influence each other**. How you think affects how you feel and behave. How you feel affects how you think and behave. How you behave affects how you think and feel. CBT is based on the idea that we can **change how we feel** by purposely changing how we think and behave.

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*





Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

You Can Trust ChoosingTherapy.com



325+
Companies Reviewed



3,625+
Hours of Firsthand Experience



1,545+
Data Points Analyzed



[Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

[Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



[Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

[Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.





Tools for Self-Assessment and Psychoeducation

Figuring out the next step in your mental health journey can be overwhelming. Developed by psychologists, the tools at [ChoosingTherapy.com](https://choosingtherapy.com) can help. Our mental health self-assessment quizzes can help you explore common symptoms of mental health concerns, as well as find the best therapy style for you. Our mental health worksheets can guide you through therapy concepts and how to use them in your life.

Learn More with [Mental Health Quizzes](#)

Our collection of psychologist-developed mental health quizzes can help you learn if you are experiencing mild, moderate, or concerning levels of anxiety, depression, stress, burnout, and more. Each quiz also provides targeted resources based on your answers. These self-assessments are designed to offer insight, not diagnoses, and can be a helpful first step in recognizing symptoms and deciding whether to seek further support. If you have concerns about your mental health or your quiz results, we recommend you reach out to a licensed mental health professional.



[Free Mental Health Worksheets](#)

Search our collection of therapy worksheets by mental health topic, therapy modality, or demographic group. Our free, psychologist-developed worksheets make therapy exercises understandable and relevant to daily life. Find worksheets for help with ADHD, anxiety, depression, relationship difficulties, and other common mental health challenges.

