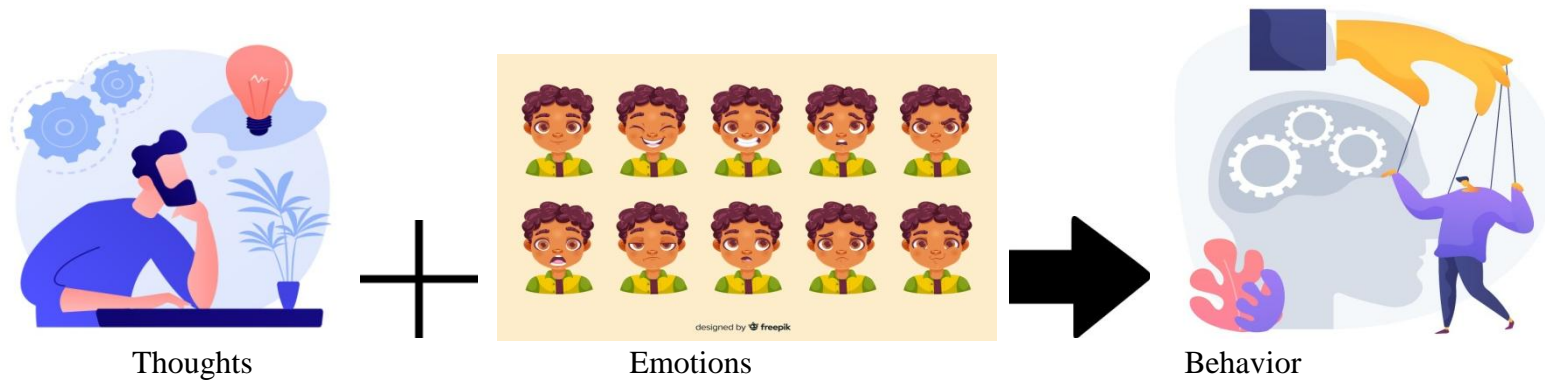


## The Cognitive Behavioral Therapy Model (CBT) : Thoughts, Emotions and Behaviors

Everyone encounters both stressful experiences as well as positive experiences. In order to cope effectively with these events of our lives, it is essential that we understand how our thoughts, feelings and behaviors are connected.

Imagine you have an upcoming interview, and you think “I am going to get rejected anyway”. This thought will lead you to worry about what will actually happen in the future. Many-a-times, these thoughts become so overwhelming that they make us uncomfortable and we decide to not prepare at all.



Revisit the scenario above in terms of your thoughts, feelings, and behaviors. Your thought (“I am going to get rejected”) incited a feeling of ‘worry’ (anxiety), and you did not prepare for the interview at all (behavior). What might have changed if you had a thought that was different?

## Understand Your Thoughts, Feelings and Behaviors

Situation	Thought	Feeling	Behavior