 The Cognitive Behavioral Model shows how our environment, thoughts, feelings, physiology, and behaviors affect one another. We can't decide not to feel a certain way. But, we can examine our thoughts, change our behaviors, and adjust our physiology to indirectly affect our feelings.

Thoughts are your interpretations of a situation. For example, if a stranger looks at you with an angry expression, you could think: "Oh no, what did I do wrong?" or "Maybe they are having a bad day."

Feelings are emotions like happy, sad, angry, or worried. Physiology is how our bodies respond to emotions. For example, we may have low energy when we are sad or a stomachache when we're nervous.

Behaviors are our responses to a situation. Behaviors include actions such as saying something or doing something (or, choosing not to do something).

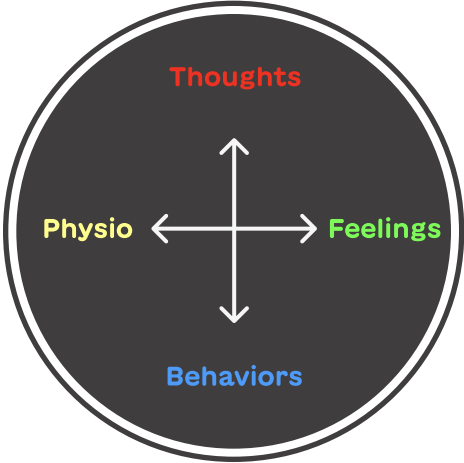
The purpose of this tool is to practice conceptualizing difficult situations and recognizing how our altering our environment, thoughts, behaviors, and physiology can affect our feelings.

INSTRUCTIONS

1. Identify a troubling situation. It can be as big or small as you want, and it can be a real-life event or an imaginary scenario. Write it on the line above the Cognitive Behavioral Model.
2. Start with your **Feelings**. "This situation makes me feel x." (You can use The Emotions Wheel for help here).
3. Next, write down your **Thoughts** that occurred or would occur in the situation you chose. What is going through your head in this scenario?
4. Third, think about your **Behaviors**. How do you act or react in this situation?
5. Finally, describe your **Physiological** response to the situation. What is your body doing? Are you queasy or nauseas? Red-faced? Unable to move?
6. Now that your Model is completed, examine how your thoughts, behavior, or physiology may have affected your feelings. For example, did a **thought** you had make you **feel** a certain way? Did your **behavior** influence your **feelings**?
7. After drawing these connections, consider the thoughts you might work to change (**tip**: check out the Thought Record Tool), the physiology you might adjust (**tip**: find a meditation event in Innerworld!), and behaviors you can swap to feel differently.

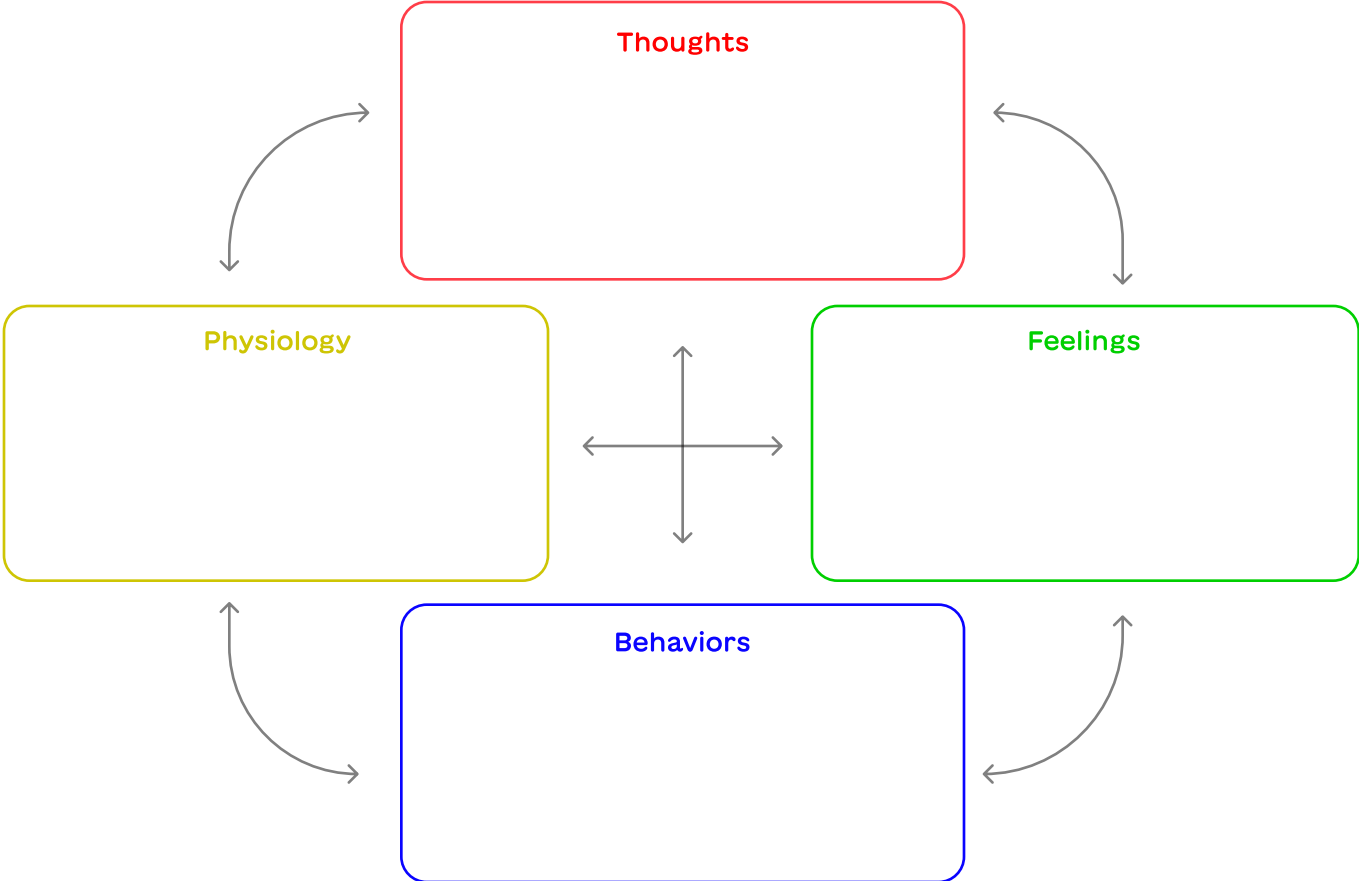


The Cognitive Behavioral Model



You can use the expanded Cognitive Behavioral Model below to outline how your thoughts, feelings, and behaviors affect one another in a particular situation.

Situation: _____



Cognitive Behavioral Immersion™ Tools

The Cognitive Behavioral Model

Innerworld

NOTES:

Tools and community for your mental health journey.

Innerworld is a peer-driven mental health app built for VR, desktop, and mobile. We offer over 200 weekly, anonymous events around topics like anxiety, depression, and more.



Learn more at <https://inner.world/app>