

COGNITIVE MODEL ASSIGNMENT

NAME: \_\_\_\_\_

**External Event**

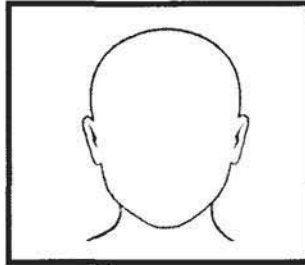
**Thoughts**

My thoughts led to this behavior.

**Behavior**

Outcome

**Consequence**



1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_



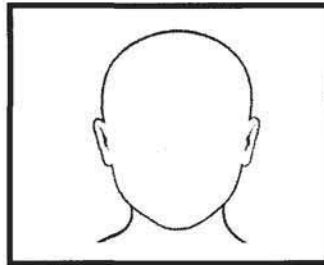
**New Thoughts**

What I would do following the new replacement thoughts.

**New Behavior**

New Outcome

**New Consequence**



1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_