

Steps to Teaching the Cognitive Model:

1. Identify a problem behavior or situation that would benefit from the cognitive model and offer the model as a solution.

- a. Choose a non-threatening example like being cut off in traffic or someone bumping into you.
- b. Use the cognitive model hand-out as a guide.

2. Explain the three main components of the cognitive model.

- a. Explain that there are external events that occur, internal events (our thoughts), and then our behavior.
- b. Stress the importance of paying attention to the internal thoughts that occur in response to the external situation that led to the behavior.
- c. Explain to the offender how developing replacement thoughts can lead to different behavior.

3. Ask the offender to examine his situation using the cognitive model.

- a. Discuss how initial thoughts lead to one outcome and replacement thoughts would lead to another.

4. Contract with the offender to use the cognitive model in a future situation.

- a. If time permits, work through a real-life example.
- b. Take notes using the hand-out

Sample - Completed Cognitive Model

