The 3 Principles Model

The Thought Cycle



Thoughts / Beliefs

What a person thinks or believes about a situation.

How the individual interprets an event.



Situation

Anything that happens to a person. Situations are ultimately outside of the individual's control, but they can be influenced by



The person's actions and behaviors in response to their thoughts and feelings about a situation



Emotions

How a person feels about a situation. Emotions are not necessarily based in logic, but they are caused and influenced by thoughts and beliefs.

