

The Thought Model

Circumstances trigger our thoughts.

Thoughts create our feelings.

Feelings influence our actions.

Actions give us our....

Results

Circumstances are facts. Circumstances can be things that people did in the past or things they said or did now.

They can be proven in a court of law, meaning, anyone would say they are true.

For example:

- The leaves on the tree are green.
- The car is parked in the driveway.
- She ordered takeout from the restaurant.

A circumstance is NOT your thought about the circumstance. A circumstance is NOT how you feel about the circumstance.

For example: If a woman client of mine comes to me and says, “ I’m so pissed. My husband is such a dick. He text me a really rude text saying, ‘No, I think it’s best if we not go to a fancy restaurant cuz it’s too expensive and we’re saving to buy a new house. Let’s go to our favorite Mexican restaurant we went to on our first date!’ Ughh he doesn’t want to celebrate our anniversary. So I told him I don’t want to go anywhere. We can just stay home.”

What would the circumstance be in this story?

Based on the Thought Model, let’s fill in the bank.

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C - He text me saying, 'I think it's best if we not go to a fancy restaurant cuz it's too expensive and we're saving to buy a new house. Let's go to our favorite Mexican restaurant we went to on our first date!'

T - My husband is a dick. He doesn't want to celebrate our anniversary.

F - pissed

A - Stay home and don't celebrate

R - She probably stays mad and thinks he's a dick.

Please notice how I took out her opinion about about it being a "really rude text". Because that is her thought

about the circumstance. It's not a fact. But it is a fact that he text her as well as what he wrote.

Now...why is this the circumstance? It can be proven in a court of law. It is a fact.

And depending on who he sent the text to...they would interpret his text differently. His wife took it a certain way because of her thoughts about it.

I want you to practice the Thought Model 3 times a day during the time we work together. This will make you aware of the thoughts you're having. It will make you aware of how your thoughts are making you feel.

Please note: We have control over the T, F, A and R line.
We cannot control the C line.

If we change the feeling, it means our thoughts changed.

If we change our thoughts, it will change our feelings.

This is always true. Always. It's a universal law. I've never found a situation where this isn't true.

I've added a few sheets of the Thought Model for your use.

Please let me know if you get stuck. I'm here to help you.

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Results

C - _____

T - _____

F - _____

A - _____

R - _____

C - _____

T - _____

F - _____

A - _____

R - _____

C - _____

T - _____

F - _____

A - _____

R - _____
