The Model: Self-Coaching 101

This model is designed for one purpose: to change the thoughts that cause you to suffer. You get to decide what you think and you have the option of thinking something terrible or thinking something that feels great. All the power to change how you feel is in your thinking. This is good news because it is the one area of your life where you do have total control.

This isn’t about “escaping” pain or diminishing the times when you feel afraid, hurt, grief, etc. We’re human and those feelings are going to surface, but we can lean into them and “watch” / examine them without thinking they indelibly color and shape our existence.

We can think differently, feel differently, and ultimately live differently. Finding new thoughts isn’t about unbelievable affirmations; it’s more like climbing a ladder of better thoughts. Sometimes I’ll find a better feeling thought and it will feel better in the sense that I just climbed a rung or two from “crushed” to “disappointed” and keep working my thoughts until I can get to “hopeful.” Other times, I work my thoughts to try on a perspective / thought that goes from “dejected” to “determined” and feel like I’ve glided to the top.
The Self-Coaching model is based on the following truths:

* We cannot control the world.
* Nothing outside of us has the power to make us feel good or bad.
* It is not the circumstances, but our thoughts about the circumstances that create our experience.
* We attract what we think about.
* Emotions are vibrations that lead to action.
* We cannot permanently change our results without changing our thoughts.
* We don’t have to get anything to feel better; we can feel better right now.
* Being conscious and choosing our thoughts are the most important components to feeling better.

Reasons to use the model daily:

- To feel better
- To create results
- To become conscious
- To think more deliberately
- To create what you want in life
- To remove negative thinking and emotions
- To create positive thinking and emotions
Take a look at the model below. This is the tool in its entirety (CTFAR).

**Circumstances** (Things that happen in the world we can’t control.)

can trigger

**Thoughts** (Things that happen in your mind; this is where you self-coach.)

which cause

**Feelings** (Vibrations that happen in your body caused by your thoughts, not circumstances)

which cause us to take

**Actions** (Behavior - what we do in the world: caused by feelings, determined by thoughts.)

and those cause

**Results** (What we see in the world (our lives) as an effect of our actions; the result will always be evidence for the original thought)

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**EXAMPLES OF THE MODEL IN ACTION**

Bad feeling thought sample

**Circumstance:** My husband forgot my birthday.

**Thought:** He doesn’t care about me.

**Feelings:** horrible, sad, lonely, angry

**Action:** Give him the cold shoulder and avoid him.

**Result:** Less time spent with husband – alienation – less caring.
Changed thought sample

**Circumstance:** My husband forgot my birthday.

**Thought:** I know my husband wants to help me celebrate my birthday, so I will remind him.

**Feeling:** Satisfied, love

**Action:** Connect with husband, love husband unconditionally

**Result:** Enjoy my birthday with my husband

Bad feeling thought

**Circumstance:** I weigh 178 lbs.

**Thought:** I am always going to have a weight issue.

**Feeling:** defeated

**Action:** did not exercise; ate compulsively

**Result:** gained or maintained current weight

Changed thought sample

**Circumstance:** I weigh 178 lbs.

**Thought:** My body is wise, and without me interfering, has no problems.

**Feeling:** trusting, relaxed, self-love, hopeful

**Action:** exercised, ate when my body told me to and stopped when it told me to

**Result:** lost over 35 lbs. and have maintained it for almost a year