

A blue-tinted photograph of a mountain range with the text "HOW TO USE THE MODEL" overlaid in white.

# HOW TO USE THE MODEL

[www.AliveWithPurposeCoaching.com](http://www.AliveWithPurposeCoaching.com)



# WHAT IS A THOUGHT MODEL?

How would you feel if your partner forgot your birthday?

Most people say they would feel some combination of: anger, disappointment, heartbroken, worthless.

Now think about how you would want to feel if given the choice?

Maybe you would choose to feel: forgiving, compassionate, loving, worthy and loved.

The closest most people get to feeling a positive feeling in the face of their negative thoughts about something that happened is trying to fake a positive feeling and spackle that over the negative emotion.

I promise you however that it isn't a fantasy that you could choose to feel one of these more positive emotions but before you can, you have to understand the process of how your brain is working to prove and perpetuate your negative thoughts and emotions.

This tool is one that has transformed my life and the life of my clients. It is simple, clean and helps you look at even the most dramatic emotions from a place of interest and inquiry so that you can see what your brain is doing if left to wander on its own.

# HOW DOES IT WORK?

To begin, fill one full page with all the things you are thinking and feeling about the situation. Like a junk drawer full of clutter, we want to dump the whole thing out so we can see what is in there. The thought download helps you see it all, clean it out and re-organize.

Let's use the example of your partner forgetting your birthday. After writing a full, uncensored page on this we will pick one thought that is creating pain for you and work on that. This will be the basis for an "unintentional model"

## Unintentional Model

Circumstance: My husband forgot my birthday.

Thought: He doesn't care about me.

Feeling: angry

Action: Give him the cold shoulder, avoid him, complain about him to friends

Result: I don't show care to my husband

This is what your brain is doing if left alone. This what will create for you. You think he doesn't care about you and then you act in ways that are essentially less caring towards him and ultimately you if you are spending your time and energy being angry, avoiding and complaining about it. You are then treating your relationship like you don't care about it.

Next go to fantasy land, where the same thing happens but you can think and feel anything you want about it. What is the thought you want to have that serves you best about this? Do an Intentional Model on this new possible thought:

Intentional Model

Circumstance: My husband forgot my birthday.

Thought: I will remind my husband its my birthday because I know he wants to help me celebrate it with me.

Feeling: love

Action: remind him, make dinner reservations at my favourite restaurant

Result: I celebrate my birthday with my husband.

Notice that the thoughts in the first and second examples are OPTIONAL.

You get to decide what you think and you have the option of thinking something that feels terrible or thinking something that feels great.

Also, notice in the intentional model that the circumstance is exactly the same.

The power to change how you feel does not happen by trying to force yourself to feel a “nicer” feeling, it happens by changing the thought that created the feeling in the first place. No one else has control over your thoughts but you, and this is the key to a better relationship because you are free to think whatever you want.



# DEFINING THE TERMS

Each line in the Thought Model is specific and this simple chart is one you may wish to print out and keep handy while you are getting the hang of this process.

**Circumstances:** Things that happen in the world that you cannot control. These are “the facts of the matter”. The words or actions of other people are circumstances. When you define the circumstances, they are not emotionally charged, they are simple “what is”.

**Thoughts:** Things that happen in your mind. This is the meaning you make personally from the circumstance. While the circumstance should be something anyone could agree upon, thoughts are your opinion about it and therefore not a universal fact but your belief. Pick just one thought to deal with per model.

**Feelings:** Vibrations that happen in your body (caused by your thoughts, not the circumstance). For this line pick just one to deal with at a time.

**Actions:** What you do (or don't do) in the world (based on the feeling, determined by thought). Usually some combination of avoid, react, distract when it comes to a negative emotion.

**Results:** What you create in your life as a consequence of the actions. The result will always be evidence to prove your original thought true.





# YOUR CURRENT THINKING

**NAME ONE THING IN YOUR RELATIONSHIP YOU  
ARE STRUGGLING WITH RIGHT NOW**

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**WHAT ARE SOME OF THE THOUGHTS YOU HAVE  
ABOUT THIS?**

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**PICK ONE OF THOSE THOUGHTS. WHEN YOU  
THINK THAT THOUGHT WHAT DO YOU FEEL  
(PICK JUST ONE EMOTION FOR NOW)?**

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**WHEN YOU FEEL THAT EMOTION, WHAT DO YOU  
DO? HOW DO YOU ACT, REACT, DISTRACT OR  
TRY TO AVOID IT?**

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**WHAT IS THE RESULT YOU CREATE WHEN YOU  
TAKE THOSE ACTIONS? DOES IT REINFORCE AND  
STRENGTHEN THE ORIGINAL UNHELPFUL  
THOUGHT?**

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# YOUR NEW THINKING

**IN AN IDEAL WORLD, WHAT FEELING WOULD  
YOU RATHER FEEL INSTEAD OF THE FEELING YOU  
FELT IN THE LAST MODEL?**


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**WHAT THOUGHT WOULD YOU NEED TO THINK  
AND BELIEVE IN ORDER TO FEEL THAT WAY?**

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**IMAGINE WHAT IT WOULD BELIEVE YOUR NEW  
THOUGHT AND FEELING. WHAT WOULD YOU DO  
DIFFERENTLY VS WHAT YOU ARE DOING NOW?  
WHAT NEW ACTIONS WOULD YOU TAKE?**

**WHAT NEW RESULT WOULD THESE ACTIONS  
CREATE IN YOUR LIFE?**

**CAN YOU SEE HOW THIS FUTURE RESULT IS A  
PRODUCT OF YOUR NEW THOUGHT & FEELING?**

# HOW TO DO DAILY MODELS

1. Do a daily thought download. Don't judge or overthink, just dump the contents of your brain out on paper.

2. Pick one unhelpful thought or feeling and take it apart using the Model process

Remember:

Circumstance: a neutral fact that anyone would agree with

Thought: the belief you have about the circumstance or the meaning you are making for yourself about it

Feeling: the vibration in your body you have when you think that thought

Action: what you do when you feel that vibration (usually some combination of avoid, resist or react)

Result: the outcome you get that reinforces or "proves" your original thought

3. Next, write out a more Intentional Model. The Circumstance stays the same, but you choose the thought and feeling you would rather have.

4. Share as many of these as you like with me in Slack for further coaching.