

The background of the image is a photograph of a mountain range. The mountains are layered, with the closest ones in the foreground and more distant ones in the background. The sky is a pale blue with some light, wispy clouds. The overall color palette is dominated by various shades of blue, from deep navy to light sky blue.

HOW TO USE THE MODEL

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THE MODEL

Reprinted with Permission from the Author Brooke Castillo
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How would you feel if your husband forgot your birthday? How would you want to be able to feel? Do you realize you have complete control over how you choose to feel? Did you know that anger is just an option? Well, Sylvia didn't, when she called me for a session the day after her 45th birthday—the day her husband forgot her birthday.

I am going to introduce you to the model the way I introduced it to Sylvia. I will show you how I use it in my life and with my clients. This model is designed for one purpose—to change the thoughts that cause you suffering. I will start with Sylvia's example in the model to show you how to identify a negative thought and then show you a sample with the thought changed to a better feeling thought.

This work was the real work I did with my client, Sylvia. Her husband had forgotten her birthday and she was seething mad. I taught her the model and showed her the way to change her thinking in order to get some relief from her pain and anger. Her actual work is shown below. Don't worry if it doesn't make complete sense the first time you see it—I am just giving you a peek.

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—less caring with husband.

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.

Notice that the thoughts in the first and second samples 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 changed sample that the circumstance is exactly the same. All the power to change how you feel is in your thinking. This is great news, because it is the one area in your life where you do have total control. I came up with this model as a way to manage my thoughts on a daily basis.



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 can't 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.

Here are the terms the way I define them:

Circumstances: Things that happen in the world that we cannot control.

Thoughts: Things that happen in your mind.

Feelings: Vibrations that happen in your body—caused by thoughts, not circumstances.

Actions: Behavior—what we do in the world. Caused by feelings, determined by thought.


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.



YOUR CURRENT THINKING

**NAME ONE THING YOU CURRENTLY FEEL
OVERWHELMED ABOUT(A GOAL OR PROJECT)**

**WHAT ARE SOME OF THE THOUGHTS YOU HAVE
ABOUT THIS GOAL OR PROJECT THAT MAKE YOU
FEEL OVERWHELMED?**



PICK ONE OF THOSE THOUGHTS (HIGHLIGHT OR UNDERLINE IT). WHAT YOU DO WHEN YOU FEEL OVERWHELMED BECAUSE OF IT?

CAN YOU SEE HOW THE RESULT IS THAT YOU REINFORCE AND STRENGTHEN THE ORIGINAL UNHELPFUL THOUGHT? YES OR NO.



YOUR NEW THINKING

**IN AN IDEAL WORLD, WHAT FEELING WOULD
YOU RATHER FEEL INSTEAD OF OVERWHELM
WHEN YOU WORK ON THIS GOAL OR PROJECT?**

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



**IMAGINE YOURSELF AFTER YOU ACHIEVE YOUR
DESIRED RESULT. IMAGINE WHAT IT WOULD BE
LIKE TO USE THIS NEW THOUGHT AND FEELING TO
GET THERE. WHAT WOULD YOU DO DIFFERENTLY
VS WHAT YOU ARE DOING NOW?**

**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.