

The MODEL

Created by my teacher and coach Brooke Castillo based on cognitive behavioral psychology and how your thoughts and feelings impact your actions and outcomes.

The MODEL

Circumstance – Any neutral, factual thing.

- **Thought** – A one sentence (optional) thought about your circumstance.
- **Feeling** – A feeling you get because of the thought is fueling your action
- **Action** – The response to your feeling with any action, reaction, or non-action.
- **Results** – The results of your actions or non-actions. The results always proves your thought

- The most important thing about The Model is that there is no problem that can't be solved by it.
- Make a list of your thoughts, write them down to get them out of your brain, so you can take a look at them. Thoughts are sentences in our minds.
- Determine what is truly a circumstance or fact, and what is merely a thought. You will think your thoughts are circumstances, but circumstances are neutral and have no adjectives or judgments.
- Thoughts determine feelings. Everything we do or don't do in our lives is because of how we think we will feel. A feeling is a one-word descriptor of how you feel. A feeling is a vibration in your body.
- It's important to understand that we feel the way we feel, act the way we act, and get the results we get because of our thinking.
- Make sure the Circumstance Line has nothing but facts on it. The thought in the Thought Line is optional. You want to ask yourself if this is a thought you want to keep on thinking based on how the thought feels.
- Your behavior goes in the Action Line. You are doing or not doing something because of how your thought makes you feel. Own that you are creating your behavior with your thoughts.
- If you want to know what you are thinking, look at the results you are getting in your life. You get to own that you have created every single one of those results by the thoughts you've been thinking, which have caused your feelings, which have caused your actions.
- As soon as you own that you've created your results with your thinking, you can decide if you want to change the results or not. You don't have to beat yourself up for the thought that you've created. Just acknowledge that the reason you have those results is because of how you're thinking, and that's okay.
- You can start managing your mind by understanding that everything you do starts with a thought. This makes behavioral change so much easier. When we try to change our behavior without changing our thoughts first, we're working against ourselves.
- If you want to feel differently, all you need to do is go into your brain and change the way you're thinking. Separate out the facts from the thoughts. When you have a thought, ask: how does it feel? What do you do when you feel that way? When I do that, what result do I get? Your result is always going to prove the original thought because the thought created that result.