



Your Own Thought Model

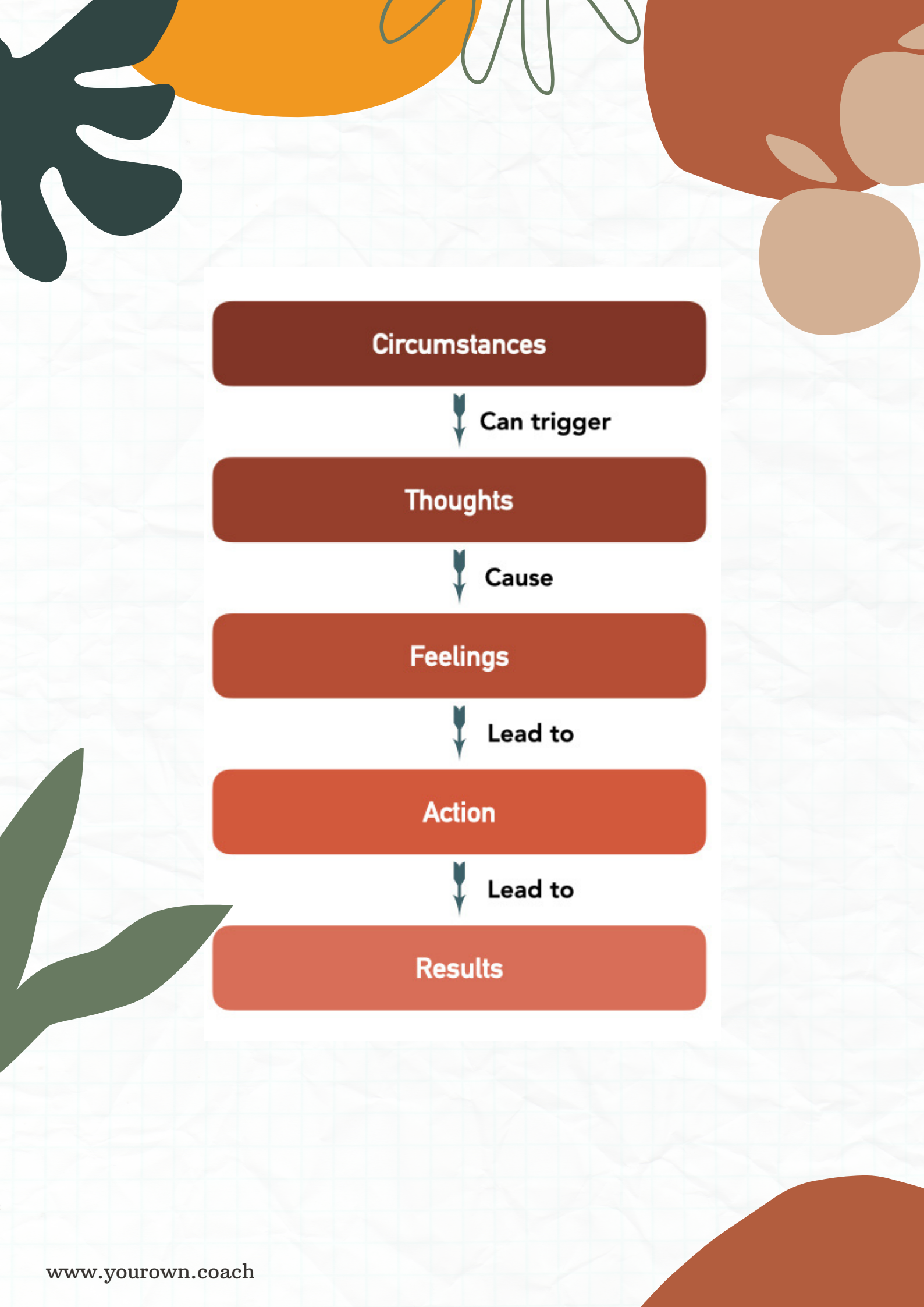
Self-coaching workbook

THE WAY WE THINK DETERMINES
OUR FEELINGS AND ACTIONS.
WHAT IF CHANGING OUR
THOUGHTS CHANGES THE
OUTCOMES?



YOUR OWN COACH





Circumstances



Can trigger

Thoughts



Cause

Feelings



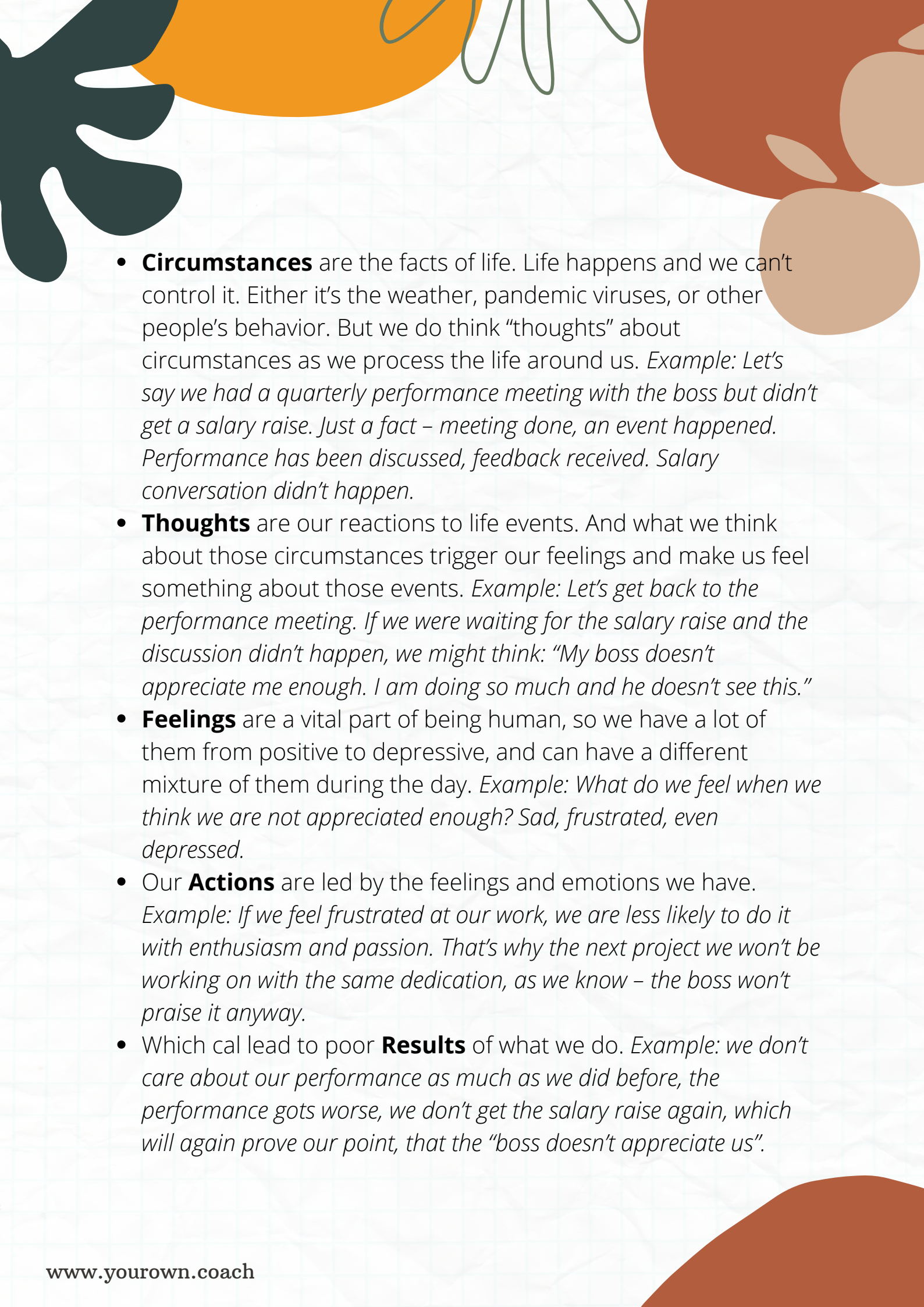
Lead to

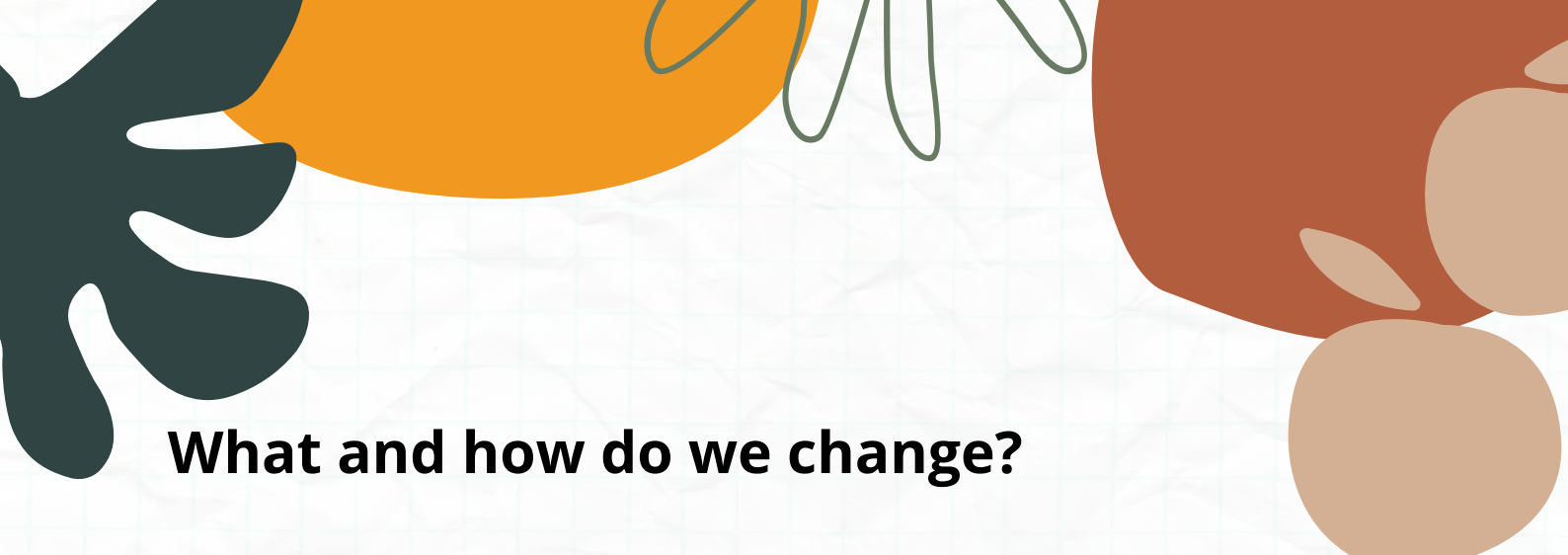
Action



Lead to

Results

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- **Circumstances** are the facts of life. Life happens and we can't control it. Either it's the weather, pandemic viruses, or other people's behavior. But we do think "thoughts" about circumstances as we process the life around us. *Example: Let's say we had a quarterly performance meeting with the boss but didn't get a salary raise. Just a fact – meeting done, an event happened. Performance has been discussed, feedback received. Salary conversation didn't happen.*
 - **Thoughts** are our reactions to life events. And what we think about those circumstances trigger our feelings and make us feel something about those events. *Example: Let's get back to the performance meeting. If we were waiting for the salary raise and the discussion didn't happen, we might think: "My boss doesn't appreciate me enough. I am doing so much and he doesn't see this."*
 - **Feelings** are a vital part of being human, so we have a lot of them from positive to depressive, and can have a different mixture of them during the day. *Example: What do we feel when we think we are not appreciated enough? Sad, frustrated, even depressed.*
 - Our **Actions** are led by the feelings and emotions we have. *Example: If we feel frustrated at our work, we are less likely to do it with enthusiasm and passion. That's why the next project we won't be working on with the same dedication, as we know – the boss won't praise it anyway.*
 - Which can lead to poor **Results** of what we do. *Example: we don't care about our performance as much as we did before, the performance gets worse, we don't get the salary raise again, which will again prove our point, that the "boss doesn't appreciate us".*



What and how do we change?

The "thought model" is based on how our cognitive process works. We consume the information from the outside and our brain makes some conclusions (thoughts). But our thoughts are very individual and sometimes have nothing to do with reality. But once we have a thought, conclusion, it can trigger a further reaction - emotion. And on to an action that impacts our results.

The thought model can be related to our image, self-esteem, previous emotional traumas, and cognitive patterns we've built in years.

So when we want to have better results in our lives, what do we change and how this model helps us?

- Circumstances? We can't change them. Those are the facts of life, we are observers and can only react in the right way.
- Emotions? Emotions are hardly regulated by our effort. There are ways to control emotions, but you have to be very cautious not to suppress but learn to channel them in a right and non-destructive manner. But we can't change them. We have the right to feel what we feel.
- Actions? Well, we can change them for sure. But if we don't change the way we think, our patterns, our reactions, we will end up with the same actions later.
- Thoughts! This is the spot where we focus ourselves to make a shift and transformation.



Self-coaching exercise

1) Think about the situation that makes you feel...
[uncomfortable, sad, angry]

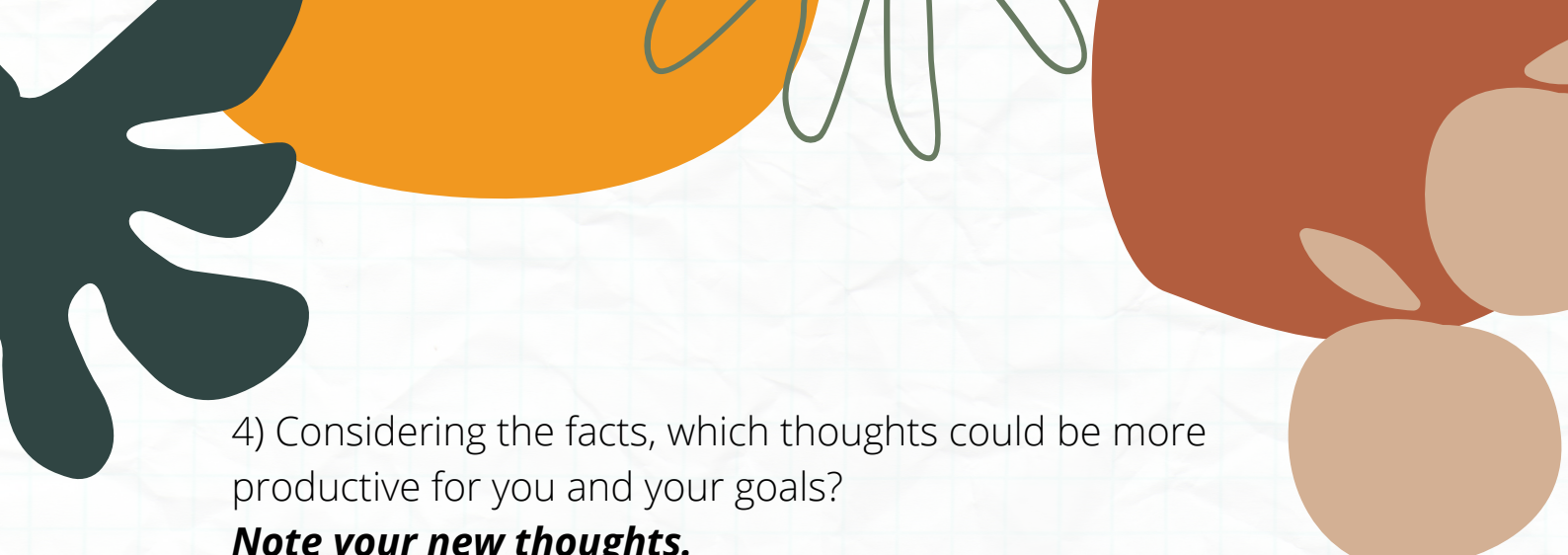
Note this emotion you feel.

2) What do you tell yourself when you feel this? What caused your feelings?

Note this thought in your mind, that comes as the most strong conclusion.

3) Now, what are the facts that support your thought? Are there facts that discharge your thought? Are there facts that oppose what you think?

Note all the facts related, both supporting and opposing.



4) Considering the facts, which thoughts could be more productive for you and your goals?

Note your new thoughts.

5) When you think this, how does it make you feel?

Note your new feelings.

6) Feeling this how will you act?

Note your new action plan.

7) Which results are you going to have?

Note your desired result.
