

5-Step Thought Model

There is never a time when you are not responsible for how you feel. You might be faced with a circumstance or a person whom you believe is causing your feelings, but **you are always the one who decides how to feel**. It is not what happens to you, it is what you believe about what happens to you that causes your feelings.

5 Areas Model of Cognitive-Behavioral Therapy

- 1 CIRCUMSTANCE** Facts of what happened. Not "My boss yelled at me" but instead, "My boss told me I was doing a bad job".
- 2 THOUGHTS** Step back and think about your thoughts so you can understand them.
- 3 EMOTIONS** A situation creates thoughts, thoughts fuel emotions, emotions fuel actions.
- 4 ACTIONS** Emotions lead to actions.
- 5 RESULTS** What happens in response to your actions. If we think differently about things, we'll feel differently, we'll make ideal actions, and get desired results.

Examples:

CIRCUMSTANCE: - MY BODY IN THE MIRROR

Thought - I hate my body
Feeling - Disgust, disconnection, shame
Action - Squeeze into ill-fitting clothes
Result - Feel uncomfortable in my clothes



Thought - This is my body
Feeling - Awareness, neutral
Action - Find clothes that fit better
Result - Clothes I feel good in, less pain

CIRCUMSTANCE: - I HAVE A BODY, A JOB, A LIFE

Thought - Good enough
Feeling - Unmotivated, resignation
Action - Continue to do the same thing
Result - No growth in my life,]



Thought - Just a little more...
Feeling - Resolve, purpose, motivation
Action - look for ways to improve
Result - Take life to the next level, confidence

5-Step Thought Model *Activity*

1

CIRCUMSTANCE

Is this a neutral fact?

2

THOUGHTS

DO A THOUGHT DOWNLOAD

BRAIN DUMP

BRAIN DUMP

3

EMOTIONS

Thoughts fuel emotions..

4

ACTIONS

5

RESULTS

Get the results you want, by enhancing your thinking

SUMMARY

CIRCUMSTANCE:

THOUGHTS:

EMOTIONS:

ACTIONS:

RESULTS: