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

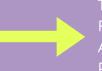
Thought – I hate my body Feeling – Disgust, disconnection, shame Action – Squeeze into ill-fitting clothes

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,]



Feeling – Resolve, purpose, motivation Action – look for ways to improve Result – Take life to the next level, confidence

5-Step Thought Model Activity

