

# The Self Coaching Model Guide

## HOW TO SOLVE ANY PROBLEM USING THE MODEL

The Self Coaching Model is the tool you can use to solve absolutely any problem in your life. It simplifies the problem by filtering out everything else so you can identify the cause immediately. It's the key to creating the results in your life that you never imagined were possible.

The Model is made up of five components: circumstances, thoughts, feelings, actions, and results. Its basic premise is that your thoughts produce your feelings, your feelings fuel your actions, and your actions create your results.

### **CIRCUMSTANCES**

Circumstances are facts that everyone agrees on and that can be proven in a court of law. For instance, "the sun came up today" is a fact. It happened, and no one can deny that. The events of your past and other people's actions are also circumstances because they are facts. Circumstances are neither good nor bad; they are always neutral.

### **THOUGHTS**

Thoughts are sentences in your head. Often, the sentence contains descriptive words or opinions. If you say, "I have a terrible past," that is a thought. Nothing that happens in your life is amazing or terrible until you decide to have a thought about it to make it that way.

### **FEELINGS**

Feelings are vibrations in your body. Understanding that your thoughts cause your feelings is how you learn how to feel better without changing your circumstances. When using the Model, feelings should be described in one word. Examples of feelings that can be expressed in one word are happy, sad, angry, ashamed, joyful, and depressed.

## **ACTIONS**

Actions are what you do, don't do, or react to (e.g., actions, inactions, and reactions). In the Model, your feelings cause your actions, inactions, or reactions. If you're not taking action and wondering why not, ask yourself what feeling you have right before you want to take action. Then work backward to see what thought is driving the feeling.

## **RESULTS**

Results are the consequences or outcomes of your actions, inactions, or reactions. The problem with most coaching is that it focuses solely on changing your actions but doesn't work on the thoughts and feelings behind those actions. The Model is a way for you to solve any problem at the root cause instead of only fixing the symptom temporarily.

So how do you start applying the Model to your daily life? Here's what we teach our students in [our courses](#).

First, write down "C, T, F, A, R" (the acronym for the components of the Model) in a vertical column, as pictured below.

**C** \_\_\_\_\_  
**T** \_\_\_\_\_  
**F** \_\_\_\_\_  
**A** \_\_\_\_\_  
**R** \_\_\_\_\_

Second, fill in one line. It can be any line that you want to solve for; it doesn't have to be the action line or feeling line.

For example, let's say you want to know why you're not getting up at 5 am despite really wanting to wake up early to work out. You would put the inaction of not getting up at 5 am on the action line.

**C** \_\_\_\_\_  
**T** \_\_\_\_\_  
**F** \_\_\_\_\_  
**A** Not getting up at 5 am  
**R** \_\_\_\_\_

Third, fill in the remaining lines:

**C** Exercise

---

**T** Even if I do it, it won't make a difference

---

**F** Apathetic

---

**A** Not getting up at 5 am

---

**R** No difference is made

---

When you discover the underlying thought causing the results in your life, you become aware of how you're responsible for all your results. That awareness shows you how you're already creating the results, which means you can change your thoughts to achieve different results.

Finally, decide what you want your new thought to be and change it. Keep in mind, your thoughts only lead to your results if you actually believe the thoughts.

For example, if your thought is "Even if I do it, it won't make a difference," you can't start repeating, "Working out is going to make a huge difference," because you don't actually believe it. If you repeat a thought you don't believe, nothing will change.

Instead, you need to repeat a new thought that you do believe, such as "It's possible if I do it, it will make some difference." That thought slowly moves you away from the negative thought.

You have to incrementally change your thoughts from negative to neutral and then to positive to make real change. We call that process "laddering your thoughts." That is what we teach our students in our self-paced courses.

### **MODEL TIPS**

Below is a list of tips to keep in mind when you're using the Model in your daily life.

- You can use the Model for every problem you have. There are no exceptions.
- Always be very specific with your circumstance.
- There is no such thing as a sad circumstance. The circumstance, no matter how sad you believe it to be, is neutral. Your thought about the facts is what makes it sad.

- Even death is a circumstance. Death is neutral. You make death mean something based on your thoughts about the person who died. This doesn't mean that you shouldn't think those thoughts, but you want to take ownership of having them.
- The circumstance line should only include facts.
- Your thoughts are a choice, whether you consciously or unconsciously think them. They're always still a choice. Sometimes we choose thoughts that might create negative emotions. For example, we might choose thoughts about someone's death that generate the feeling of sadness.
- When you start paying attention to your thinking, you may not like what you find. Don't rush to judge your thoughts or change them immediately. Instead, practice being compassionate. Awareness is the first step toward change.
- Once you start to use the Model, you'll begin to see that you have the power within you to choose what results you want to create. That is how you change your entire life to be exactly what you want it to be.
- Bad things are supposed to happen. How do we know? Because they have happened since the beginning of time. The Model helps you learn how to process your feelings and create the results you want despite knowing that you'll have problems along the way.
- Typically, people resist, react to, or avoid their feelings. The Self Coaching Model teaches you how to experience your feelings. Your willingness to experience negative emotions will directly affect your level of success.
- When people hurt your feelings, it's because they acted in a way that didn't live up to your expectations. Their actions are a circumstance. How you feel about those actions—your hurt feelings—is the result of the thought you're having about those actions. Someone else cannot jump into your body and make you feel an emotion.
- Being kind to someone is an action.
- Not doing something—doing nothing—is an inaction that would go in your action line.
- You can make someone's actions or inactions mean whatever you want.
- Your past only exists in your head as sentences about what occurred before. You can decide what story you want to tell about your past, regardless of the actual events. That is how some people use trauma to their advantage and experience post-traumatic growth.

- If you can't figure out why you acted or didn't act in a particular way, conduct a thought download. Write how you feel and what you're thinking for five minutes without stopping or putting down your pen. You'll see how your thinking is causing your results.
- Your outcomes are the result of how you think, not the result of your circumstances.

## WHAT TO DO NEXT

1. Start using the Model daily. Any time you have a problem, write CTFAR and fill in each line. The more you practice using the Model, the better you'll become at creating the results you want. Use the models provided below to get started.

**C** \_\_\_\_\_

**T** \_\_\_\_\_

**F** \_\_\_\_\_

**A** \_\_\_\_\_

**R** \_\_\_\_\_

  

**C** \_\_\_\_\_

**T** \_\_\_\_\_

**F** \_\_\_\_\_

**A** \_\_\_\_\_

**R** \_\_\_\_\_

2. Any time you feel a certain way that you don't like, ask yourself, "What am I thinking?" Practice being with that feeling instead of avoiding, resisting, or reacting to it.
3. Our goal with the Model is to help you create new results in your life that you never believed were possible before using it. [Join our courses](#) to make it happen.

[Click here](#) to enroll in our self-paced courses and see how drastically your life can change.