

The 5 Elements in Any Situation:

- C: Circumstances:** The objective facts, shorn of opinion, evaluation, or judgment
→ Separate the facts from the story about them
- T: Thoughts:** Sentences in your mind
→ May be true or false, valid or invalid
- F: Feelings:** (Emotions): Vibrations in your body that originate in your mind
→ Distinguish from sensations that originate in the body
- A: Actions:** The actions you take or don't take when motivated by that feeling
→ These are not the actions you *should* take, but the ones that follow causally from the feeling
- R: Results:** The results in your life of the actions you take or don't take
→ All of your power to influence results is in your choice of thought to focus on.

Thoughts about circumstances cause feelings. Feelings motivate action. Actions produce results. Results are not caused by the circumstances, but by how you think about the circumstances.

The Values Perspective

The critical issue in action is not whether your thoughts are true or false per se. (Truth is necessary but not sufficient.) The essential for successful action is whether the thoughts activate a value context or a threat context.

- A value context will trigger motivation by love, and feed a virtuous cycle of success.
- A threat context will trigger motivation by fear, and feed a vicious cycle of struggle.

The steps to use "The Self-Coaching Model"

1. **Do a 1-page "thought download"** about any situation that you want to understand better
2. **Pick out an interesting thought as the base of a model.** (You can start with a feeling, action, or result instead, if one of those is more salient.)
3. **Work out the other four elements of the model that correspond to that thought** (or whichever element you start with).
4. **Confirm that the thought causes the results**, which in turn provide evidence for the thought.
5. If the results are not what you want, **imagine other thoughts you could have about the circumstances.** Create an alternate model for that thought.