

MONTH ONE

MEDICINE, MOTHERHOOD, AND MAGIC



# THE BASICS

*Welcome to week two*

## THE SELF-COACHING MODEL



CLICK HERE:

TO ACCESS MONTH ONE  
[WWW.LAURENTRIMELONIMD.COM/THRIVE-MONTH-ONE](http://WWW.LAURENTRIMELONIMD.COM/THRIVE-MONTH-ONE)

Now we are going to apply a tool called “*The Model*” to our writing sessions. The Model, developed by Master Coach Instructor Brooke Castillo, is a simple tool to help you start to separate out the facts of what is going on in your life from your thoughts about what is going on. For this week, you will start with your five minute “thought dump” or “Thought download” like we were doing in week one, and then you are going to pull out at least one sentence from that writing to plug into a model. First you will need to determine if the sentence you picked represents a thought, a feeling, a circumstance, or an action. I had the privilege of being certified in the *Life Coaching Tools* developed by Ms. Castillo, and of all of the training we were given in my opinion *The Model* is the tool that carries the most bang for its buck. I think the model is particularly helpful for doctors because it gives such a black and white structure for practicing thought work, and it can be played with like a math problem. You can work through a model starting from any line, and as you do it, you will start to understand more and more about the impacts of your thoughts.

The Model is as follows:

- Circumstance \_\_\_\_\_  
Thought \_\_\_\_\_  
Feeling \_\_\_\_\_  
Action \_\_\_\_\_  
Result \_\_\_\_\_

In sentence form, There is a circumstance which triggers a thought (usually many thoughts, but when using a model, you want to use a single thought in the thought line.) That thought creates a feeling which drives an action which produces a result. Ms. Castillo has some wonderful videos and podcasts on this for more clarification.

[The Self Coaching Model by Brooke Castillo Explained | The Life Coach School](#)



[Self Coaching Model \(CTFAR Model\) – The Official Guide](#)

To give you a little bit more background, a circumstance is a black-and-white fact. Think of this as something you could defend in a court of law, something that every single person on earth would agree upon. That might be something like it is 38° outside. If it is 38°F, somebody from the southern United States might say it is cold outside, but stating that it is cold outside would not be a circumstance, it would be a thought. Your thought is that 38° is cold, the fact is simply that it is 38 degrees. If for instance, you lived in northern Canada and it had been -38°F for the last month and one day the temperature rose to 38°F, you might feel as if that temperature was warm.

You may initially think that such a nuance is nitpicking, but this becomes particularly important when dealing with statements such as “my mother is ridiculous” or “my children are out of control” or “I don’t have enough time” or “my job is too demanding.” All of these statements may feel like facts, but they are actually thoughts. And they are thoughts that produce feelings that typically keep you feeling disempowered and elevate your levels of stress.

Your assignment for this week is to continue the five minute thought downloads and pull out one sentence at least from each to plug into a model. Then attempt to differentiate between the unintentional model, which is letting your brain toss up whatever thought it would normally toss up and then responding to the feeling that is generated by that thought, versus an intentional model, where you pick a thought that feels better and use it to approach your day. As you practice this, you may even want to try filling in the result line 1st, where you identify what result you want and then identify what actions you would need to take to get that result, and then work on what thoughts would produce the feeling that you would need to perform those actions. This work takes time, try not to become frustrated when you don’t master it all at once. I have often said that half a decade into this work I am still re-discovering over and over that it is my thoughts that create my feelings. I fully believe it to be the truth, and also still am shocked by it on a regular basis. Stick with the work, the payoff is so worth the time!

# THE SELF-COACHING MODEL

## **The Self-Coaching Model by Brooke Castillo**

Instructions:

Use your thought download to pull out one sentence. Work through the model below to identify how that thought influences your feelings, actions, and results.

Circumstance (neutral fact):

---

Thought (what your brain makes it mean):

---

Feeling (emotion triggered by the thought):

---

Action (what you do or don't do because of the feeling)

---

Result (what you want to create based on the action)

---





WEEK TWO

# CHALLENGING LIMITING BELIEFS

“The biggest stressor on my mind right now is...”

“If I could change one thing about today, it would be...”

“Something I keep telling myself over and over is...”

“I feel most overwhelmed when...”

“A thought that has been on repeat in my mind lately is...”